



FLEXIBLE FRIENDS

Why yoga could be the Wharf's exercise of choice, at a stretch **P46**

TRANSPORT

Orbital rail link gets upgrade

THE Overground has proved such a hit with passengers that Transport for London is planning a massive upgrade, just six years after it was launched.

TfL said it was aiming to increase capacity by 25 per cent by creating five-car trains requiring platform extensions at a number of stations.

The work, including the purchase of 57 new carriages, will take about three years and cost £320million.

Full story • Page 3

PROPERTY

We're only halfway to finishing

THE "topping out" of 25 Churchill Place signals a milestone in the story of Canary Wharf – the last of the towers in the original masterplan to be developed.

But Cormac MacCrann, pictured, who oversees Wharf construction, says there are still 10 towers to go. And, increasingly, Canary Wharf Group will be moving into the homes market too.

Full story • Page 9



Why I'm fighting for peace

THE ancient fighting art of Muay Thai was originally a method of protecting a community. East Londoner Ruqsana Begum, 29, the British champion and world bronze medal holder, is taking the traditions of the "dangerous" sport to heart, devoting time to a Docklands organisation aiming to channel the energies of young people towards bolstering community and self-discipline. **Full story • Page 56**

Inside



Inside a start-up

How a eureka moment became a business that wowed investors **P4-5**



Kloot now have clout

A helping hand from Elbow gives three-piece belated career boost **P8**

Steak land

Our tasters unravel the riddle of the griddle **P12**

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WEATHER

9C TODAY
Rain

9C FRIDAY
Cloudy

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Cloudy

9C SUNDAY
Cloudy

9C MONDAY
Cloudy

Agenda



TRAVEL

TUBE & DLR
DLR is closed between Canning Town and Beckton all weekend. The Jubilee line is fine.

ROADS
No problems.

INSIDE

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ESTABLISHED 1998

Sweet nothings about recycling day

Happy Valentine's Day. A feast in honour of the patron saint of awkwardly silent couples everywhere.

February 14 is a perfect excuse to spend time with your loved one. No, not your favourite flirt buddy at work, the other one. The one who nags you about picking up your wet towels off the bathroom floor and spends most of the time looking like they're sucking a heart-shaped lemon whenever you talk – your one true love.

I hope you've booked into a vastly overpriced restaurant, with a "lurve" themed menu, and are looking

BLONDE'S EYE VIEW



ANGELA CLARKE

forward to making small talk about which bins need to go out this week. Recycling or general waste? That's amore.

Aside from the 17-year-old couple jet washing each other's tonsils, you will be surrounded by like-minded people, quietly dying inside.

Valentine's Day is second only to New Year's Eve in its pressure to have the best experience ever.

Beat yourself over the head with a cellophane wrapped £20 rose and repeat after me: "We will be amorous! We will gaze lovingly into each other's eyes. We will drive every singleton to binge on *Bridget Jones*."

The sad singleton is the biggest myth of all. Most of my unencumbered mates will be busy making jokes with people who listen to them, about cheap underwear being lace-decorated cystitis in disguise and teddy bears that smell of petrol.

This year there will only be one group enjoying a true romantic moment. Following the passing of the equal marriage bill, I predict a spate of gay marriage proposals tonight.

I hope they do it far away from the set-menu, set-scowling faces of the restaurant couples.

Follow Angela on twitter:
@TheAngelaClarke

Reuters' view



A performer inserts a live snake through his nose and mouth during a performance at the Ditan Temple Fair celebrating the Chinese New Year

A week in photos
Page 52

What our writers are talking about



■ Molly was faddy and fussy. She was a raregan, only eating animals from the IUCN Red List Of Threatened Species.
Giles Broadbent

■ Master A's playmate, it transpires, has the table manners of Steve Martin's Ruprecht, a stranger to knife and fork.
Tabitha Ronson

■ We know the Government's cuts are affecting residents, so we will be taking further steps to mitigate their worst effects.
Lutfur Rahman

■ The decor is one part Soho style to three parts John Lewis lighting department. A better ratio than my Mojito.
Jon Massey

Corrections & Clarifications

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

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60 Second Wharf

NEWS

Playing Jack the lad

East End geezer Ray Winstone talks about taking on the mantle of Jack Regan in *The Sweeney*.

Page 8

We know our meat

A Greenwich butcher has noticed an upturn in business as the horse meat scandal drives customers his way.

Page 10

Brought back to life

A mural, hidden for decades beneath paint at the People's Palace, has been found and restored to glory.

Page 11

FEATURES

Where's the real beef

Beef should be beef – and we've found some places where we can guarantee a prime cut.

Food • Page 12

Stretching the point

Yoga comes in different flavours. We turn up the heat and look for ways for Wharfers to unwind.

Health • Pages 46-47

Potshots at Apple

The Agony And Ecstasy Of Steve Jobs examines Apple's Chinese production partners. iPhone or Newton?

Reviews • Page 49



P49



EAST LONDON CHAMBER
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My lopsided smile hit my confidence says mum

PEOPLE

Rob.Virtue
@wharf.co.uk

HOUSEWIFE Caroline McKenna was reading *The Wharf* when she spotted a competition to win a life-changing head-to-toe makeover worth up to £25,000.

Together with her 11-year-old daughter Leanne she filled out the application form and soon she was invited as one of 32 people through to the interview stage with experts in cosmetic dentistry, dermatology and laser eye surgery.

The judges were won over by the story of the 44-year-old from the Isle of Dogs who felt she had no time for herself while also running a busy household.

"When they told me I was shortlisted I was delighted but when I heard I was a winner I was gobsmacked," said Caroline, one of four winners. "To say I am thrilled is an understatement."

"The way I felt about myself definitely held me back."

Caroline, who is also mum to five-year-old Jamesie, needs glasses but doesn't wear them out of the home, rates her "lopsided smile" three out of 10 and has not had her nails done



Isle of Dogs mum Caroline McKenna with TV presenter Jeff Brazier

since her wedding day 12 years ago. Treatment, including putting in permanent implantable contact lenses, has already begun and Caroline's complete new look will be unveiled at an event on March 21, hosted by TV presenter Jeff Brazier.

Buoyed by being a winner of the

Dream Makeover Essex competition she is now looking ahead and, with new found confidence, is considering a future in teaching.

"I was embarrassed about my smile but that's all changing and in any case I am smiling inside about it all," she said.

"Jeff was so kind and made me feel very comfortable even though I was so nervous to meet him. He is really friendly like a brother and very down to earth."

To see Caroline's progress go to dreammakeoveressex.co.uk.

Yoga special • Pages 46-47

NEWS IN BRIEF

Business digest

Troubled bank signals change

CANARY WHARF The boss of troubled Barclays has signalled a change in culture at the Wharf-based bank despite doling out a £1.85billion bonus pot.

Antony Jenkins, pictured, said he was "changing the way we do business" and confirmed the closure of the Structured Capital Markets division, the controversial tax management division.

Mr Jenkins said 3,700 jobs would go, mostly in foreign operations.

More at wharf.co.uk

CWG moves into homes market

LIMEHOUSE Canary Wharf Group has bought a former office block on Limehouse Cut which already has permission for an 11-storey residential building.

Property firm Telereal Trillium sold the structure for an undisclosed fee.

The firm got planning consent for a 56 apartment development in 2011.

CWG vision • Page 9

£320m upgrade for popular orbital link

TRANSPORT

Overground to get 25% boost in capacity by 2015

Rob.Virtue
@wharf.co.uk

Transport for London is increasing the capacity of the London Overground by 25 per cent in response to increased demand for the service.

Mayor Boris Johnson said five car trains would be introduced due to the success of the line, which was completed at the end of 2012 with the link from Surrey Quays to Clapham Junction.

As well as the delivery of 57 new carriages the £320million improvement programme will also see longer platforms along some of the older stretches, all in place by the end of 2015.

Mr Johnson said: "Passenger numbers on our London Overground services have been going through the roof, but this important programme of investment will enable us



YOU SAY



Numbers up 160 per cent since TfL took over the Overground in 2007 – One of Ken's greatest achievements @tomcopley

Overground services to Clapham Jnc already standing room only on Saturday afternoons. Build it and they will come. Except cable cars. @political_animal

Overground's a national success story. Even the Brown franchising review had to acknowledge local democratic control works. @BorisWatch

to provide the extra carriages required for Londoners to take advantage of what has become the most popular suburban railway in the country."

The service was launched in 2007. The East London Line then became part of the network in 2010 and the Orbital was completed in December.

The increased capacity also responds to a predicted 810,000 new residents moving into London by 2021.

Infrastructure improvements could start as early as next month.

TfL chief operating officer for rail Howard Smith said: "We need to deliver more capacity by adding more carriages."

"Demand for London Overground is growing at an incredible pace. By the end of 2012, London Overground carried 120million passengers – nearly four times the number carried when we launched."

Stephen Locke, chairman of London TravelWatch, said: "We welcome this latest investment to provide longer trains. We support London's Mayor having a greater say in running the capital's national rail services."

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Work

Money will follow the best ideas

BUDDING business people with bright ideas could secure a loan to kick-start their company in just two steps.

After answering four questions, the entrepreneurs aged between 18 and 30, will be asked to attend an incubator session to chat with professional mentors at Greenwich University on March 2.

Loans of between £2,500 and £4,500 will be handed out, drawn from funds made available by the Government's Youth Start Up Loans programme.

Expert mentoring organisation Rockstar Youth, which will be offering advice in the Greenwich session, is now calling for applicants from the town, as well as from Canary Wharf and the wider east London area.

Jonathan Pfahl, CEO of Rockstar Youth, said: "It's about removing the barriers, simplifying the process and spearheading this movement."

Go to rockstaryouth.co.uk for more information.

We created our dream then made it a reality

PROFILE

Beth Allcock talks to a couple whose eureka moment found favour with top investors



The best idea comes at a time when you don't expect it the most," said a smiling Aurore Hochard, in an office which houses a host of newly-created start-up companies.

And for the 33-year-old, who founded online marketplace Taskhub alongside partner Rahul Ahuja, it's a notion that certainly rings true.

The Poplar couple's project strives to provide those living in their Tower Hamlets community, as well as in the wider London area, with a service where residents can post an online message about a particular job they need doing, with a function for others to bid for the job.

Aside from the commercial aspect, Taskhub is underpinned by the duo's passion for community, and the concept of bringing together residents by the sharing of skills.

Aurore said: "It's very interesting how ideas come from your dreams – most of them are personal experiences someone has lived through or seen."

"I had a friend who had a baby almost three years ago. She didn't have many family members around and she was struggling."

"She just wanted to find people to help with the little things and said she wished sometimes someone would come and clear up – just an extra pair of hands."

"I was thinking there has got to be someone who would love to come and help you and make a bit of money."

"I told Rahul and he just took some A4 sheets and started to just draw things – he could see how the website would look."

"We just got excited together and we could see this thing coming."

But their drive to forge a community service has come at a personal expense – the duo sacrificed their savings

On working with your relationship partner

■ "It is great," said Aurore Hochard whose partner is Rahul Ahuja. "The best thing about us is that we have never been in competition."

"Sometimes, one person tries to shine more than the other but we are not like that at all."

"He was more than supportive of me when I decided to go to law school and, when the idea came, we always felt we wanted to do something together."

"We call it work but to us, it's even better than that. For us, it's a project and it's something big."

What is the prime driving force?

"We feel so strongly and passionate about what we do. It's not just selling a product, it's got a social value to it."

allocated for a new flat to bring Taskhub into being and Rahul is still not taking a salary from the business.

And, with Aurore moving away from her teaching career for a degree in law and Rahul previously holding

down a job as a contractor for RBS, Taskhub was an extra ball to juggle.

"We feel so strongly and passionate about what we do," said Aurore.

"It's not just selling a product, it's got a social value to it."

"When you don't make money there has got to be something that motivates you."

"For me, it's engaging with people – I love helping people and bringing people together."

But, fortune favours the brave and, after a nerve-racking presentation to representatives from Wayra Academies and investors in May 2012, they were told they had secured office space and mentoring for their start-up at a site near Goodge Street station, which they took up the following month.

Aurore said it was the icing on the cake when Taskhub became the sole Wayra start-up to receive a six figure investment from Telefonica and a distribution partnership with O2 UK in January, to allow the marketplace to expand country-wide.

Currently, Taskhub is invite only. So if you're an existing member, you have 10 invites to send to friends and family so they can sign up – mirroring the community notion on which the marketplace was founded.

In the coming months, the founders have set their sights on using the funding package and O2 connection to expand across the country as well as providing space for local industries to post their services. They also want to employ two members of staff.

"That's our dream some day, just to be on our street and walk to work and just to look out of the window to work," added Aurore.

"I know it sounds cheesy but if tomorrow, something were to fail, I could never regret anything."

"The worst thing for me is to have a regret."

Email info@taskhub.co.uk or go to taskhub.co.uk.

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TASKHUB FACTS

- Currently based in the Wayra Academy, Capper Street.
- Website went live this year.
- Three full time employees (two salaried).
- Looking to recruit two more positions before March, for a marketing position and developer.

- Will relocate to a new office base later this year.
- Examples of jobs people can post on Taskhub and bid for have included: Installing a cat flap; help with cleaning duties; language tutors; DIY; and help with shopping.



Aurore Hochard and Rahul Ahuja have seen their small idea blossom

How to improve job you're in (or hatch an escape plan)

Job expert John Lees gives **Gabrielle Fagan** advice on a career plan

TRANSFORM YOUR JOB

1 What's wrong? Work out why you're discontented in your job, said John Lees.

"If the job hasn't turned out as you'd hoped, maybe you didn't ask the right questions before accepting it, or the company or your post has changed?"

"Look back over your career history before you make a hasty move, so you avoid repeating mistakes of the past."

Research data shows that people leave managers, not organisations. "Ask yourself, 'Is it the job, the organisation, or the manager you don't like?' You may find it's possible to change your job or transfer to a new department," he said.

2 Analyse: Look at your current job objectively so you can work out what you can really change.

Lees said: "Review your progress every three months, making a personal portfolio of work you've done, problems you've overcome, value you've added to the company and how you've made a difference."

"This will give you a basis for knowing your true worth and marketability and you'll also be able to assess your skills, development needs and how you can open yourself to future opportunities."

3 Success speak: Make your achievements known, explain how you achieved them, and give three ways you could work more effectively to create new opportunities for your employer.

Lees said: "Understand what's expected from you and be aware that if the company or boss changes, expectations will change too."



Get on or get out says John Lees

4 Negotiate: "Putting forward a plan to your boss or HR department to adapt your job and negotiating a package, you could not only improve your working life but also feel more in control," said Lees.

"There's no point relying on an employer to solve your career problem. Rather it's about you giving a boss 'win-win' solutions."

5 Why bother? It's much easier to improve the job you're in rather than looking for another post, said Lees.

"You need to have a fairly good reason for moving on from a company – you'll have to explain at interviews for a new job, and also in the years ahead whenever an employer views your CV."

"Companies will be looking for a coherent career story where moves have been made to learn new skills, to face new challenges and responsibilities – a sense of growth in work – rather than a message that says, 'I just didn't like a particular job'. That looks directionless."

GET YOUR DREAM JOB

1 Skill set: "Identify which skills always feel natural, they might be anything from practical skills to mediation or organisational skills," says Lees.

"What skills do you look forward to using in your workplace? Make a list of your skills development and any voluntary activities."

2 Wish list: List 10 ingredients you are looking for in an ideal job, Lees advises, and think about key elements such as the kind of people you enjoy working with, the results you'd like to achieve and the organisation's working style. "Then throw your values into the mix. Look for jobs which match at least six out of the 10 criteria," he said.

3 Discount title: "When talking to people about what you're looking for, tell them what you want a job to involve – the skills, knowledge called for and the working style," he says. "That way they're encouraged to make creative suggestions rather than just responding to your stated job title which could pigeon-hole you."

4 Make contacts: Get under the skin of the job you aspire to by asking people working in it what they do, how their job might match your interests.

Lees said: "Bear in mind, around 50 per cent of jobs never appear on websites or in adverts – they're filled through word-of-mouth recommendations."

5 Do it: You've done the homework, researched the market, spoken to people who do the job you crave, and honed your message and CV, now it's time to ask for the opportunity.

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Digest

The Week In Brief

Feb 7-14 • Round-up of other news from the last 7 days



Photo story

CANARY WHARF A car that refused to stop for police after it was seen speeding through the Limehouse Link ploughed into a motorcyclist moments later.

Met Police said officers spotted a blue Vauxhall Astra car in the tunnel driving "erratically and at speed". They asked the driver to pull over but he carried on. Minutes later the vehicle crashed into a scooter at Link's junction with Westferry Road.

The collision took place at around 5.15pm on Tuesday. The male motorcyclist was taken to hospital while road traffic accident investigators surveyed the scene.

It is not known how serious his injuries were. Transport for London said the road was reopened by 7.15pm.

Teen in Westfield fall was attempting suicide

STRATFORD Police have revealed the teenager who fell from the top floor of the Westfield Stratford City shopping centre was attempting to kill himself.

The 18-year-old, who is still in hospital with serious injuries, landed on a 47-year-old male shopper in the incident last Thursday.

The man, who was walking with his wife when the teen landed on him, suffered two broken ribs and suffered severe bruising. He has since been released from hospital.

The teenager, who is from Manor Park, fell 80 feet from the third floor.

Cold start to week with commuters hit by snow

EAST LONDON A signal failure at Pudding Mill Lane caused severe delays on the DLR on Monday while the Jubilee line suffered problems due to snow.

Disruption hit the Tube line with the west end of the link suspended in the early hours and then the bad weather caused power supply issues. The problems were cleared up by mid-morning.

On the roads, meanwhile, there were problems on the Blackwall Tunnel, A13 and the A12. Issues ranged from accidents and broken down cars to a diesel spillage.

DLR puts fans on right track

EAST LONDON Half a century ago this week, The Beatles put together their debut album *Please Please Me* and launched themselves onto the world.

Fast forward 50 years later and fans still want to recreate the pose on their last recorded album – *Abbey Road* – in which the foursome cross the titular road.

But the arrival of Abbey Road DLR station on the route to Stratford has put the day trippers in a tizzy.

So much so that DLR punsters have put a sign suggesting "we can work it out" and "help" you "get back" to the right side of London – St John's Wood – for the snapshot.



Parents renew appeal of student son's murder

GREENWICH Parents of an aspiring teacher who was stabbed in the street have renewed their appeal to catch his killer on the second anniversary of his death.



University of Greenwich student Samuel Guidera, 24, was attacked in Sydenham as he went to meet his girlfriend.

Sarah and Chris Guidera said: "We just want somebody out there who knows something that could help in the apprehending of the killers to come forward."

More details at wharf.co.uk

Suspect in shooting of Russian banker arrested

CANARY WHARF A man suspected of shooting a Russian banker outside his Isle of Dogs home has been arrested in Moscow.

Moldovan Vitali Proca, 33, is the chief suspect in the incident which saw six shots fired into the stomach of German Gorbuntsov in Byng Street, just outside Canary Wharf, last March.

Reuters reported Proca was arrested on Friday over a separate attack in Bucharest in November.

The Metropolitan Police have confirmed that the suspect has been detained.

Knife frenzy woman, 32 found guilty

A GREENWICH woman has been found guilty of killing a woman during a "frenzied attack" with a butcher's knife.

Nicola Edgington, of Flavell Mews, appeared at the Old Bailey on February 7, charged with the murder of Sally Hodkin, 58, and attempted murder of Kerry Clark, 25.

The 32-year-old was found guilty and will be sentenced at a later date.

The court heard how the two attacks took place within minutes of each other, on October 10, 2011. Earlier in the day, Edgington had been seen by healthcare professionals at Queen Elizabeth Hospital in Woolwich, but had decided to leave.

After making her way to Asda in Bexleyheath, she bought a knife and targeted Ms Clark. Edgington lunged at her with the knife. As Ms Clark fell to floor Edgington jumped on top of her still wielding the knife.

Edgington then took a larger knife from a butcher's shop. Fleeing, she came across Mrs Hodkin and stabbed her in the neck. Mrs Hodkin collapsed to the ground, with Edgington stabbing her while she lay on the floor.

Police arrived and arrested the defendant.



Nicola Edgington



Kiehl's manager James Pawson-Stewart at the new outlet in Jubilee Place where a traditional barber's is planned

Shop applies new gloss to strong base

Words:
Beth Allcock
Picture:
Ben Broomfield

WHARFERS flocked to Jubilee Place as American skincare brand Kiehl's opened the doors to its new store.

The old-world apothecary brand, created in 1851, has built on the success of its Canada Place pop-up shop.

Manager James Pawson-Stewart said the brand's shiny new home, in an outlet next to Itsu, had already attracted the masses.

"It has been extremely busy," he said. "We were a bit surprised by it – we have been here for two months

and we thought people would say 'I'll just go when I need to'.

"But they have come in their masses and we have had plenty of support from the people who work here."

And plans are already afoot to develop the dedicated men's section with the appointment of a barber to offer shaving facilities from March.

Friday was a busy day in Canary Wharf's malls as designer bridalwear shop Les Trois Soeurs also opened up in Canada Place.

NEWS IN BRIEF

Development digest

Pointers towards Arrowhead plan

CANARY WHARF A planning application for Arrowhead Quay, a two building residential development by South Quay, has been submitted to Tower Hamlets Council.



The proposal consists of two towers – 55 and 50 storeys. The development – on the edge of the Canary Wharf estate – includes 792 residential units and retail space on the ground floor.

More at wharf.co.uk

Bid to redevelop Decathlon site

SURREY QUAYS A proposal for a development of 1,000 homes on the site of the Decathlon store has been submitted to Southwark Council.

The Sellar Design + Developments plans covers eight acres and a cluster of residential buildings.

The tallest tower rises to 40 storeys. The latest plans also include a new Decathlon store and 4,000sq m of retail space.



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NEWS IN
BRIEF

Theatre dates

Challenging ideas
around friendship

TOWER HAMLETS Issues of sexuality and religion are presented through the eyes of teenagers in a new production at Half Moon Young People's Theatre.

Whole tackles the challenging and often fiery debates surrounding the partnership of belief, fulfilment and understanding.

Presented by 20 Stories High, the production will run on March 6. Tickets £6, 4.30pm and 7pm. Go to halfmoon.org.uk.

Newcomers alone
in the spotlight

STRATFORD Actors will be given the chance to take their careers to the next level with a stint on a Stratford stage.

The 20 selected performers will have the chance to hone their skills as part of the Monologue Slam UK event, taking place at Theatre Royal Stratford East on Monday at 8pm.

The budding stars will perform to an audience and a specially-selected panel.

Go to stratfordeast.com or call the box office on 020 8534 0310.

Kloot get clout with
a little Elbow nudge

INTERVIEW

Mercury nomination brings cult trio the extra baggage of great expectations, writes **Andy Welch**

After a decade and a half, I Am Kloot might finally be having their well-deserved afternoon in the sun.

For much of their 15-year career, the Manchester three-piece have been underrated, despite a loyal fan base. But that looks set to change now.

They've just released their sixth album, *Let It All In*, and are playing a gig at the Barbican next week.

Frontman John Bramwell isn't taking any chances this time round.

He said: "I like to be involved in everything Whether that's writing and recording, or in conversation, or gigging, my attitude is that I have to be involved."

Along with bandmates Andy Hargreaves and Pete Jobson, Bramwell had been enjoying quiet success with a



From left, Pete Jobson, John Bramwell and Andy Hargreaves

string of albums since they formed in 1999. Then came *Sky At Night*, produced by the folks of Elbow, resulting in a Mercury Prize nomination.

He said: "I'm not thinking about anything outside this album, and I'm doing fine."

Hargreaves and Jobson have been busy too.

Whether it's recording sessions for radio, or interviews, they've been

promoting the release of *Let It All In* like never before.

Bramwell reckons the band have been on the radio more in the six weeks leading up to the album's release than in the previous five years combined.

He said: "A lot of the interviews and things were before the album was released, and we've had nothing but great feedback. It's a seismic shift from *Sky At Night*, which gathered a lot of pace after its release."

That was due in large part to the album's Mercury nomination in 2010.

"There was something in the air then. But this time it's different again. And, of course, it was great to record this album. I've been asked if we were self-conscious recording

it because of the extra anticipation, but because we've been together so long, we're just enjoying the psychic way we play together."

Let It All In is I Am Kloot gathered in a small room performing live, save for overdubbed instrumentation on a couple of songs.

This simplicity harks back to the sound of their debut and highlights their qualities – Bramwell's distinctive voice, Hargreaves's deft drumming and Jobson's subtle basslines.

"*These Days Are Mine* and *Hold Back The Night* are the two dramatic songs, but elsewhere the high drama comes from the way the three of us play together," says Bramwell.

"What I'm hoping we've got is the freshness of our first album, but because we're not the band we were 10 years ago, we're able to punctuate it with bigger moments."

I Am Kloot, Feb 19, Barbican, 7.30pm, barbican.org.uk, returns only.

Justin's an honorary Brit

WHETHER you know him best for his slick dance routines in N-Sync or as a global solo star, Justin Timberlake is the latest in a stellar line-up of performers confirmed for The Brit Awards.

To be held at The O2 on Wednesday, the US artist, pictured, will join the best of British including One Direction. Emeli Sande, Mumford and Sons and Alt J lead the awards charge with three nominations each. Feb 20 at The O2, broadcast on ITV.

Q & A

Ray Winstone
ACTOR

Archetypal East End geezer and Hammers fan, Ray Winstone was born in Hackney and lived in Plaistow. He got his big break at the Theatre Royal Stratford East. He plays Jack Regan in *The Sweeney*, out on DVD.

■ When you were making *The Sweeney*, were you thinking of John Thaw?

I did at first when I knew I was going to be making the film. Then I got a bit frightened because he was so great. So, I had to take a couple of steps back and make it my own.

■ You appeared in an episode of the original, didn't you?

Yes, it was one of my first jobs, so it was like coming full circle. I started off having no idea whether I was going to be an actor, and then I'm turning up on a set with John Thaw and Dennis Waterman. I got to work with



John and Dennis a few times, and grew to like them both as men and as actors. Then we make the film and it turns out to be everything you wanted it to be and maybe more, which was very satisfying.

■ The film includes a shoot-out in Trafalgar Square. Was that fun?

It was. We were lucky, with terrorism and all that, that we were able to run around the West End, just outside the Queen's bedroom, with machine guns. That shows the power of the name *The Sweeney*.

■ Two of your daughters are actresses. Do you ever give them advice?

No, I wouldn't dare! I always say to them, 'What can I tell you that you don't already know?' I'm there for them if they want me, but they kind of know more than me anyway.

My eldest girl is a singer and she loves doing that, and every now and then she's lucky enough to get a role. Jaime is cracking on doing what she does, so if it ain't broke, don't fix it.

The Sweeney is out now on Blu-ray and DVD.

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The album

DETAILS

■ Previously, John Bramwell was in a band called The Ignition and worked as a presenter on TV. He also performed as Johnny Dangerously, and formed a band called The Mouth with late Manchester musician Brian Glancy – the titular Seldom Seen Kid of Elbow's album.



Police renew appeal to track down sex attacker

Rob.Virtue
@wharf.co.uk

AN appeal to trace a man believed to be responsible for a series of sex attacks in Docklands has been renewed.

Police released images of the suspect six months ago but failed to catch the man, who they believe struck again on November 9, when a woman was followed into her apartment block in Seagull Lane, E16, just before 1am.

She was grabbed from behind and sexually assaulted.

It followed two incidents that took place in 2011, six months apart.

Det Con Tina Dilworth of the Met's Sapphire Command said: "The man responsible for these assaults must be stopped before he goes on to commit another offence."

The suspect is described as of Asian appearance, around 5ft 7ins and of medium build.

He first struck on June 22, 2011, at about 11.45pm.

Echoing the most recent attack, he followed a 51-year-old woman into her Seagull Lane apartment block near Royal Victoria DLR station.

After being confronted by the woman, he grabbed her arms and sexually assaulted her. He ran off when she screamed for help.

The second incident took place on October 14 at 8.30pm. He tailgated a 22-year-old woman into her apartment block in Western Gateway.

He followed her into the lift, sexually assaulted her and said he would kill her if she told anyone.

The victim managed to raise the alarm with residents and the suspect ran off.

Anyone with information is asked to contact the Sapphire team on 020 8345 9862.

Pickpocket is quickly nicked

OFFICERS worked quickly to arrest a Greenwich man just 10 minutes after he stole a mobile phone and Oyster card from a passenger on the Tube.

Adrian Moldovan, of Greenwich High Road, was sentenced to 26 weeks' prison at Westminster Magistrates' Court after he admitted the theft.

The 42-year-old Romanian, stole from a 26-year-old woman at Leicester Square on January 30.

Plain clothes pickpocket squad officers for British Transport Police were patrolling the platform and noticed Moldovan acting suspiciously.

They followed him to Tottenham Court Road station where he was searched.

Speaking after the sentencing, PC Gareth Jones said: "Crime on public transport in London is low and reducing further, but we cannot afford to be complacent and will tackle theft head-on."

Milestone moment as vision is fulfilled

PLANNING

We're only half done with towers and we want to build more homes, says CWG

Rob.Virtue
@wharf.co.uk

The topping out ceremony of Canary Wharf's newest construction marked the end of the original masterplan some 25 years ago.

Now the focus is on the future and in the next quarter century another huge transition will take place.

Cormac MacCrann, executive director of Canary Wharf Contractors, joined the group in 1994 and has overseen most of the construction.

He said: "Where we are is just a milestone. There's so much more still to do."

"Canary Wharf's already spectacular but there are still the towers to go at Riverside South, Heron Quay West and Wood Wharf – off the top of my head there must be 10 towers still to build."

If that's not enough to go on with, CWG's construction arm has also branched out of the estate.

It is building a 160m skyscraper in Fenchurch Street – known as the Walkie-Talkie – and an eight-building development by the Shell offices on the South Bank.

Much of the latter is residential, as a percentage of the upcoming Wood Wharf scheme to the east of Canary Wharf will be. CWG has given a further indication of its newly-found homebuilding philosophy by this week buying a site in Burdett Street, Poplar, which has already been given consent for a 56-apartment development.

Cormac confirmed homes were a big part of CWG's vision.

"There's a lot of international money coming into London," he said. "Brand London is fantastic and it's been improved by the Olympics. A lot of that money coming in is for residential."

"The original planning application for Wood Wharf was designed by Richard Rogers for towers with a



The "topping out" of 25 Churchill Place. Below, Cormac MacCrann

million sq ft commercial space but the market is not what it was five years ago. The new planning application will be for more residential."

But first of all there's the completion of 25 Churchill Place. At 20 storeys it's the biggest tower to be built on the estate since Barclays was opened in 2005. Following the completion of steelworks, cladding is next, before the internal fit-outs are finished.

However, work on the interiors of the lower floors – for tenant European Medicines Agency – are already being worked on.

"That's one of the great benefits of Canary Wharf Group being the developer and the constructor," said Cormac. "There isn't the turf war between contractors that exists on some sites. We work together."

More at wharf.co.uk



10
Towers still to build on Canary Wharf

River police worry

EAST Londoners face having an unguarded river if the latest police cuts go through, according to MP Jim Fitzpatrick.

Wapping's Marine Policing Unit is facing a 40 per cent funding cut, which the Poplar and Limehouse MP said would put lives at risk.

The river police currently have a 24-hour response team for incidents and also continuously patrol the Thames in crafts such as RIBs.

Mr Fitzpatrick said: "The most worrying proposal is the end to night-time patrols. This will leave 14 miles of the River Thames un-policed at night. The public need to be consulted on these proposals before they are implemented through the back door in April."

the Wharf TRAVEL CLUB

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NEWS Bournemouth is the new California if its latest promo is to be believed. After Katy Perry likened the genteel resort to the US West Coast, a tongue-in-cheek parody of those A-listers adverts, featuring Harry Redknapp and Alex James quickly went viral.

Onamad1.com

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Business

Butchers see sales increase

RETAIL

SHOPPERS worrying what's in their burgers are spurning supermarkets and heading to their butchers for meats.

While huge stores are suffering after horse was found in what customers were told was beef goods, Greenwich's Drings is reporting a big spike in new customers.

Michael Jones, owner of the butchers at Royal Hill, said: "We were so busy at the weekend with new faces coming in and people saying they need to know where their meat really comes from."

"We've noticed a spike in sales, particularly in mince. We physically handle the meat and know

where it's from so we know it's the right type of meat."

Supermarkets such as Tesco have been hit by the revelation some of the beef burgers on sale were made with horse meat.

Ready-meal supplier Findus was also found to have horse in its frozen dishes such as beef lasagne.

And on Tuesday morning European ministers pledged to hold a summit over the cross-contamination saga.

Mr Jones said: "It's no surprise to us things like this are happening with supermarket meat, especially ready meals, as they are trying to make them as cheap as possible."

Spiral Notebook • Page 50

Telehouse looks to expand

TECH

INTERNET giant Telehouse has signed a deal to expand its business in east London.

The group won a two acre site on East India Dock Road in an auction run by the Greater London Authority.

The company, which already has offices nearby, lost out in the original bid but had another chance after the winner failed to complete on the deal.

Its expansion is a big boost for the growing Tech City initiative, which is hoped will run from the City through Tower Hamlets and beyond.

Telehouse was not available for comment but details revealed in the contract said it planned to use the new site to increase its data centre capacity in Europe.

No figure for the sale has been announced but it has been revealed Greater London Assembly will save £34,000 a year on costs for the site.

It added Telehouse was looking to support the growth of Tech City and the sale would "create opportunities and jobs for the East India Dock area", which is just north of Canary Wharf.

The site at 6-8 East India Dock Road was previously earmarked for high-rise residential but it was decided, being too close to the Blackwall Tunnel, this would be an unsuitable use.

Now's the time to line up your summer interns

WORK

Change a life and reap the business rewards as well says co-ordinator

Beth Allcock
@wharf.co.uk

At a time when new resolutions are still fresh in the minds of many, a Canary Wharf-based organisation is calling for more commitment from its neighbours.

This year marks the 11th anniversary of Career Academies UK which coordinates business mentoring, visits, lectures and summer internships to UK students.

During the past decade more than 1,000 employers – including Canary Wharf's Citi Group, Morgan Stanley and Canary Wharf Group – have forged links with students.

David Walker, director of



David Walker: Perfect time

programme and public policy at Career Academies, told *The Wharf* that, although 70 per cent of students would find an internship through the scheme in the run-up to their second year at college, he wanted to see the statistic hit 100 per cent.

He said February was "prime internship search time" for the organisation based in Canada Square and a perfect time for big businesses to open their doors to teenagers this summer.

He said: "It's not a hard ask to get someone in business to visit a group of students and it's not that hard to get a mentor. But getting spaces for an internship can be difficult and a lot of companies ask what the benefits are."

"Employing a young person for 35 hours per week for six weeks will cost about £1,500."

"Citi Bank Group took more than 20 interns last summer. They recognised the sort of jobs young people could do."

"It's not work experience, it's a real job, a real job with real responsibility. You're not just taking on interns because it's a nice thing to do, you are

W Why take on interns?

"You're not just taking on interns because it's a nice thing to do, you are doing it because it is of benefit to you."

doing it because it is of benefit to you as a business.

"The primary benefit is for the young person but it might impact your business, how you recruit, and why you recruit."

David said for the youngsters, who may be deciding between a future at university or a work-based graduate scheme, insight was crucial in raising aspirations and increasing social mobility.

And partnerships with local organisations including Newham College, Sir John Cass's and Thomas Tallis School have ensured its commitment to its raison d'être – to bring those from east London into the Wharf for career roles.

Go to career.academies.org.uk.

CASE STUDY

SAM Taylor, pictured, is unquestionably a Careers Academies success story.

After signing up to the Career Academy scheme in Finance at Cirencester College, he spent his summer between his AS and A-level years in an internship for Ernst and Young, as well as grilling his mentor for advice.

After a successful application to the firm's school leaver programme, the 20-year-old is now working full-time in its corporate finance restruc-

turing department, where he is working towards accountancy qualifications.

He said: "I can't actually believe it. I've really enjoyed it."

"If someone said to me in my first failed year of college that I was going to be where I am today, I wouldn't have believed them at all."

"All of the stuff I have experienced from Career Academies – winning awards, making a speech and going to New York, I just wouldn't have believed it."



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Hidden treasures returned to glory

ART

£6.3m revamp uncovers Bray's original murals

Beth Allcock
@wharf.co.uk

Scenic of dance, music and drama with a history spanning eight decades have been brought back to their former glory in the East End.

During the '30s, artist Phyllis Bray created three eye-catching paintings depicting the three expressive arts on canvases which decorated Mile End's People's Palace, owned by Queen Mary, University of London.

The creations, which measured 12ft by 10ft, took pride of place when the venue opened as a cultural centre to educate and entertain east Londoners more than 80 years ago.

Following years of building work, the hidden treasure has again been revealed, beneath many layers of paint, by Eoin O'Maolalái, senior estates project manager at the university.



A restored mural takes pride of place in the People's Palace



Eoin O'Maolalái discovered the hidden murals

"I found the wall and ran my fingers over the painted surface," said Eoin.

"What I felt wasn't plaster – it was more like fabric."

"I looked more closely, found a tear in the fabric, peeled off some of the paint and below it I could see the

vague outlines of what could be one of the murals.

"I peeled off some more of the paint and realised that I had found the top half of the murals."

It is believed the lower section of the mural was destroyed during the creation of a new lecture theatre in the '50s.

The discovery resulted in painstaking scalpel work, undertaken by specialist Catherine Hassall, who removed the covering paint millimetre by millimetre to reveal the artwork.

She also carried out paint analysis to match the redecoration of the hall to its original colour scheme as part of a £6.3million revamp.

The mural will now be displayed in the foyer of the People's Palace alongside photographs depicting its '30s heyday.

Prof Philip Ogden, senior advisor to the principal at Queen Mary, said: "The restoration works illustrate Queen Mary's commitment to its listed buildings and give us first class public space, for the benefit of the university and our community – as was the building's original purpose."

A six-week celebration of music, drama and comedy will also be held at the palace throughout February and March.

Go to qmul.ac.uk.



The People's Palace murals in their heyday

Nelson on way back to France

ARTEFACTS

A UNIFORM steeped in British naval history will make a journey across the channel in its first voyage for more than 200 years.

Stained with blood smatterings on its tails and sleeves, along with a bullet hole in the left shoulder, the vice-admiral's undress clothing worn by Lord Admiral Nelson at the Battle of Trafalgar is housed at the National Maritime Museum, in Greenwich.

The uniform, used for everyday wear and informal occasions, clothed the flag officer in his final hours after he was fatally

wounded on the deck of the HMS Victory as it sailed into battle.

And it will soon make its way to France to be featured in an exhibition by the Musée de l'Armée, Hotel des Invalides in Paris, marking the first time it has left Britain since 1805.

After being removed on March 14, Nelson's attire will return home in October.

During its absence, his full dress uniform will be revealed to visitors for the first time in a decade.

And later this year the iconic Trafalgar uniform will take pride of place in the new Nelson, Navy, Nation gallery.



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■ 29 Westferry Circus, Canary Riverside, E14.
gauchorestaurants.co.uk

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■ 2 Grove Road, E3.
Greedycow.com

BOISDALE

A range of Scottish steaks are offered at this restaurant. The Aberdeenshire beef is aged on the bone for up to 40 days.
■ Cabot Place Mall, Canary Wharf, E14.
boisdale.co.uk
MANHATTAN GRILL
The Marriott Hotel's restaurant was relaunched as a steakhouse last year – perfect for the many Americans who stay there.
■ 22 Hertsmere Road, West India Quay, E14.
manhattangrill.co.uk

GOODMAN

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■ 3 South Quay, E14.
goodmanrestaurants.com
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■ Cabot Square, E14.
relaisdevenise.com

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STEAKS IN

Reboot serves up decent rib

REVIEW

Chez Gerard

The City

When Raymond Blanc took over the failing Chez Gerard brand last year he had a couple of tricks up his sleeve.

The French chef turned the other seven branches into Brasserie Blancs but this site, previously closed, was re-opened with its old livery and a commitment to return to its roots – simple, classic dishes for the banking fraternity.

It is a restaurant that's all about steak and lobster. Around us, early in the week, were no financial whizzes – not obvious ones anyway.

A group of cool kids were relaxing by stuffing fries in their mouths while a couple on

what looked like an awkward first date sat nearby.

The eclectic mix added to the feel of a venue rich in character. We were seated upstairs in a more intimate setting than the bar far below with leather seats and overhead storage so you don't have to wait for your jacket post meal.

We started with a shellfish cocktail crammed with rock lobster, prawn, crab and avocado. This fishy delight overshadowed the more bland hickory home-smoked salmon with truffle oil.

Then a juicy Boston trimmed rib. At £49 for two there was more than enough to satisfy, served on a wooden tray alongside bottomless fries with sides of spinach and mushrooms.

Alongside the staple offering of steak, steak and more steak are equally meaty



alternatives – baby back pork ribs and Cotswold Legbar chicken with gravy.

If you're a veggie then, unless you're up for a roast pumpkin and rosemary risotto, this is not the place for you.

You see chef Raymond's thinking. Know your clientele. And this certainly should prove a hit for the City's bankers.

If it's a success, I'm sure a branch on the Wharf, steak Mecca right now, will follow.

Grill fails to make the cut

REVIEW

Grill On The Market

West Smithfield

Oooh baybee. Baybee don'ta wanna go?" inquires the joanna-basher at the Grill On The Market.

"Oooh baybee," Perhaps fearing we haven't heard, he intones again, "Baybee don'ta wanna go? Back to the land of Californear, to my sweet home Chicago?"

Even though he's not addressing me directly, I look at my surroundings.

Packed tables. Predominately male. Bald pates tucking into meaty plates.

Slotted into a booth at the rear of this cavernous warren we can't see or hear the piano – it's piped via loudspeakers, barely cutting an ocean of banter. Chicago would be nice. So would anywhere else.

The decor is one part Soho style to three parts John Lewis lighting department. A better ratio than my Mojito, in which all parts appear to be played by ice.



The Grill's interior is three parts John Lewis lighting department

Our charming waitress proves one of the few redeeming features.

Her enthusiasm is boundless and the piercing and one-sided buzz cut an unexpected counterpoint to the Grill's pedestrian feel. It's so loud ordering is tricky and my accomplice's request for a salad to go with chateaubriand solicits a confused look and: "A sandwich?"

My heritage tomatoes on toast don't do badly and the steak is pleasant enough.

But the accompanying Tarquino Shiraz Malbec, all dressed up as a heifer with its fresian-spotted label, is claggy, like the pipes of an ageing slurry system.

As it slips down uncon-

fortably with the tender steak, vast vats in Argentina spring to mind with dusty gauchos wrangling immense grapebeasts into a concrete juicing parlour for extraction.

Around me the City's fauna seem loudly appreciative as they wallow in their meaty nose bags. I sidle up to the pianist and ask whether it would be a problem to leave immediately?

The Grill On The Market, 2-3 West Smithfield, London, EC1A 9JX, 020 7246 0900, blackhouse.uk.com.

Jon Massey

Our verdict

Ideal after too many pints

★★☆☆☆

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THE CITY



Left, Rare Boston rib at Chez Gerard, below, which has reopened in the City under the guidance of Raymond Blanc

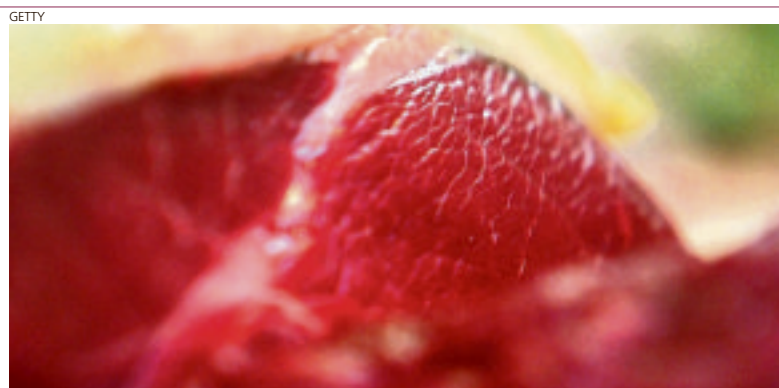
Chez Gerard, 64 Bishopsgate London, EC2N 4AW, 020 7588 1200, chezgerard.co.uk

Rob Virtue

Our verdict

Gerard's return will be welcomed by the carnivores

★★★☆☆



While juicy red meat like this piece on the left might look fantastic, Greenwich butcher Michael Jones, below, suggests purchasing cuts with less colour for tenderness

What to look for when buying a slab

You fancy cooking a steak for your dinner but what should you be looking for.

According to Michael Jones of Drings butchers in Royal Hill, Greenwich, the first decision you need to make is what type of slab you want.

He said: "There's a wide choice of cuts ranging from expensive and tender fillet to the rump.

"Most often people want a fillet at the moment, especially for Valentine's Day, but during the summer months the rump sells well because it's great for barbecuing.

"Skirt steak is cheaper but given

the right treatment and marinade it can be delicious. That's one benefit of coming to a butcher – we can tell you how to get the best out of the meat."

A butcher such as Drings will also dry-age its steak giving it more flavour, which brings us to the colour.

"People might see a steak that looks red and lovely but it'll be as tough as old boots," said Michael. "If it's got less colour it's usually aged and very tender. You



should also make sure it's dry-aged rather than wet-aged."

A final point to keep in mind is the fat on a steak, which is sometimes spurned by the meat shopper.

"You really need a good bit of fat on a steak as it adds a nice bit of flavour," said Michael.

He also suggested leaving the meat on the bone to boost taste. Go to drings.co.uk for more information.

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Evening Standard Magazine, 2009

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Mile End   

Health

Yoga Special

A discipline with history

Take a deep breath. Yoga has been around for more than 5,000 years and has evolved into numerous different forms. Here's our guide to some of the more familiar:

HATHA

Dating back to the 15th century, Hatha is popular in gyms.

This classic style caters for beginners to more advanced practitioners and is sometimes referred to as dual yoga because of its association with both the sun and moon. Through postures and energy control this form of yoga aims to purify the mind.

BIKRAM

Developed by Bikram Choudhury, this type of yoga is made up of 26 postures that systematically work every part of the body.

Bikram is practised in rooms heated to 40C with 40 per cent humidity because warmth increases flexibility.

ASHTANGA

Regularly pitched as the modern day incarnation of classic Indian yoga, Ashtanga is Sanskrit for eight-limbed and involves synchronising the breath with a series of postures.

VINYASA

This is sometimes referred to S-flow yoga because of the way the postures are linked.

Inhaling and exhaling under the instructor's guidance allows for smooth transitions between the poses.

ROCKET YOGA

Rocket offers beginners the opportunity to try advanced poses in a safe environment.

It is based on a fast tempo so works the cardio system and increases stamina and endurance. It is non-stop movement for between 60 and 90 minutes.

Louisa Emery

JAMES PERRIN



OM TRIBE

- Location: Cannon Workshops
- Studio capacity: 35
- Instructors: Eight
- Days open: Mon-Sat
- Class times: Lunchtime and after work
- Styles offered: Hot Yoga, Vinyasa Flow, Power Yoga, Jivamukti
- Offers: Three weeks for £30 (introductory)

Cynthia Micallef of Om Tribe Yoga

Founder talks stress and relaxation with **Beth Allcock**

Take a break in dedicated studio

With a row of gently flickering lights on its windowsill, the Om Tribe Yoga Studio exudes warmth and relaxation before you even set foot inside.

Nestled in Cannon Workshops by West India Quay, the recently-opened facility sits in stark contrast to the frenetic pace of the rest of the Wharf.

The estate's frantic activity is something with which area studio founder and manager Cynthia Micallef is all too familiar.

She swapped her suit and heels, the unofficial uniform of HSBC in Canada Place, in October last year to fulfil a lifelong dream by opening the doors to Om Tribe with partner Phil Rolf.

And she is keen to promote the studio and its benefits to her former colleagues.

"I always said I really

W Why is yoga for Wharfers?

"We just think it's a really good way for people to take a time out."

wanted to go to yoga when I was working in Canary Wharf," said Cynthia, who saw her ideas become a reality just days before the birth of her first child.

"You can if you have a gym at work or a gym membership, but practising yoga in a dedicated studio is completely different.

"Firstly, you don't have a Zumba class or fitness class going on next door. I knew there was a lack of studios here apart from Bikram and that was my first reason to look here."

When you step inside Om

Tribe's premises you're greeted by a modern studio packed with equipment.

There are separate changing facilities for men and women as well as complimentary tea.

Cynthia, 35, said the combination of its location nearby and the mental and physical benefits made Om Tribe perfect for Wharfers.

She said: "It's Canary Wharf. Everyone has high pressure jobs and everyone is going fast. We just think yoga is a really good way for people to take a time out."

"Everyone loves it. When you're in the gym you're looking at the television screen or your magazine and you forget the exercise you are doing."

"In yoga, you try to be in the present and breathe into the pain. When you do that in a class, it really helps you outside of class as well."

Go to omtribeyoga.com.

Melting into another world

REVIEW

Om Tribe Yoga

Cannon Workshops

By **Beth Allcock**

★ Shavasana is a word that sends shivers up my spine. In yoga it's the name for the death pose. But that's not the reason for my anxiety.

I first encountered it some five years ago. A lack of sleep meant I was snoring before I knew what was happening – I was mortified.

So discovering that it was to start and end the session of Vinyasa Flow at Om Tribe meant I was on my guard. To the sound of pan pipes,

we progressed through a series of postures with instructor Wendy explaining each one fully.

The latter half of the session required us to focus on the pelvic tilt and stretch up towards the ceiling with the help of a block positioned at the bottom of the spine.

From there we completed leg extensions, followed by the cobbler's pose back on the mat.

Then the lights dimmed and

it was time for a second relaxing shavasana.

Having achieved a linking of mind and breathing, it was time to visualise melting into earth below. This time, I managed to stay awake.

Our verdict

Purpose-built space offers a great place to calm yourself

★★★★☆

BLUFFERS' GUIDE

TOP tips



■ **Try an erotic workout:** Carmen Electra favours a wild workout for Valentine's Day. "When you see strippers dance, they're working every muscle," she said. "They're dipping down, bending knees, moving hips, and the slow stretches are phenomenal for muscle tone."



FITNESS WITH LAURA WILLIAMS

Get the look: David Beckham

The footballer (and underwear model) has to make high intensity intervals a core part of his routine to stay at the top of his game.

How he does it: A combination of circuit training, endurance exercise and high intensity intervals help keep Mr B in peak physical fitness.

Higher-intensity aerobic exercise is growing increasingly popular as a way of maximising exercise time in order to achieve the fastest fitness and metabolism-boosting gains.

Do it for yourself: LA Galaxy fitness coach Chris Neville suggests the following adapted Becks-routine to get you good results in a short space of time.

For a couple of weeks try five-minute running intervals. First warm

up properly with a good 10 easy minutes on the cross trainer, bike or treadmill.

Then run at 75 per cent intensity for five minutes before resting until your breathing's returned to normal. Repeat this cycle for 30 minutes.

After a couple of weeks of performing this routine twice a week try one-minute intervals. Warm up then perform eight sets of one-minute fast runs at 85 per cent effort with one-minute rest periods.

You should perform a maximum of two of these higher intensity sessions per week along with slower paced workouts to get a rounded result. Add some strength training and focus on lower body moves like squats, lunges and the leg press to achieve goals even faster.



GETTY

Q&A

I've got a date tonight but I abandoned my New Year routine ages ago. Is there anything I can do to look good for this evening?

You can start with a DIY facial – anything that gets you sweaty and out of breath is good news for your skin.

A lunchtime run with a colleague will infuse skin cells with oxygen and other nutrients. Both are essential for skin collagen production (it helps keep skin plump and smooth).

Then lift weights to increase blood flow to the skin, which will improve the appearance of any body part – freshly worked muscles look better too.

Getting a sweat on is ideal for Wharfers

Bikram instructor tells **Beth Allcock** heat is the way to better flexibility

Conny Chitnis abandoned her plans to return to America to set up Canary Wharf's first studio dedicated to Bikram Yoga. She told *The Wharf* about realising her dream and how to tackle the sweltering workouts.

What is Bikram?

It's 26 postures in a certain sequence intended to deliver the most benefit. They are designed mostly for the back as its founder saw a tendency for Westerners to have back injuries.

For 90 minutes it has got everything – flexibility, strength and cardio workout. And it's in a room heated to 40C.

The intention is to make people sweat when doing the postures to avoid injuries and maximise the cardio benefits.

Why did you decide to open a studio for Wharfers in South Quay?

My husband [Jay] and I live in Canary Wharf and we started looking around here for a site.

We originally planned to open a studio in California but we saw the demand here.

What was the initial response?

It was an instant success from the first day onward.

Our first class had 25 people in it and it just grows and grows. It's very popular,

especially for people who like to push themselves, which in Canary Wharf is an omnipresent urge.

Who can practise Bikram?

People say: "I have never done this before today, I'm inflexible, can I do this yoga?"

I believe flexibility is not a requirement to do yoga, it is an outcome. Bikram is made for the beginner – any fitness level – anybody can do it. You just start really slow and pick



Hot workout: Conny Chitnis

it up a little more.

Every class is exactly the same and everyone has their own level, so you just do what you can in there.

I'm a beginner – how should I tackle my first session?

Firstly, come prepared by not eating for two hours beforehand. Then, when in the room, go at your own

If you can stand the heat

REVIEW

Bikram Yoga London

South Quay

★ Embrace the sweat. A friend offered this advice the night before my first Bikram session.

If you come from a world where gentle strides are taken on the cross trainer in the gym to avoid perspiration (preserving your perfect blow dry) then Bikram might not be for you. The 90-minute sessions take place in a room heated to 40C so you have to work to maintain your focus and resist glancing at dripping classmates.

Bikram is a set of 26 postures and two breathing exercises conducted in order.

The idea is after the first couple of sessions the routine sinks in and participants can focus on the poses rather than the social awkwardness of all that sweat.

The perspiration is a leveller though.

Whatever your outfit, whether it's the latest



in chic sportswear or a Topshop vest hurriedly grabbed on a dash to your front door, after the first 25 minutes everyone is dripping.

We're all in the same boat. And once you're in that mind-set, everything starts to slot into place and the rewards arrived. Each time you return you feel more confident on the journey.

The first exercise, one of deep inhaling and exhaling, is designed to rid your lungs of toxins. Then come the poses.

I'm not the most flexible of people and getting used to the heat in my first session leaves me feeling a little dizzy.

The second half of the class is based around work on the mat, plentiful death poses to relax the mind and a final breathing exercise.

I went back several times and found I was able to keep up with ease.

Bikram advises daily practice for optimum results but, if pressed for time, I found a marked result after just three sessions a week. I've already signed up for more.

Beth Allcock

Our verdict

A great way to immerse yourself in all the benefits of yoga

★★★★★



A participant in a Bikram Yoga class adopts the eagle pose. Below left, an instructor guides a class through the routine

JAMES PERRIN

pace and go slowly. Try to have some fun too – it's a practice not a competition. Compare yourself to yourself and not with others.

Everyone is different with different backgrounds and different abilities.

As long as you do your best, that's all you can do.

What are its benefits?

It's a total body workout from top to bottom.

It is addictive, because you want to come again and again. You'll come out of here with a great sense of accomplishment. It's not just a fad – it has been going for 25 years. It's still growing because it produces results.

When you're really concentrated on yoga and the postures, you don't think of anything else outside of the room.

Any offers?

Try our introductory offer of 20 days for £30 and look out for Conny's new studio, opening soon in Greenwich. Go to bikramyogalondon.com.

OTHER DOCKLANDS YOGA CLASSES

Yoga Creation

Westferry Studios, 3rd floor, 102 Milligan Street, London, E14 8AS

yogacreation.co.uk

Yumi Yoga

Various locations in Greenwich and east London

yumiyoga.co.uk

The Mind and Body Programme, pictured

Reebok Sports Club, 16-19



Canada Square, Canary wharf, E14 5ER

reeboksportsclublondon.com

Yoga Therapy London

Burrells Wharf, 242-262 Westferry Road, London, E14 3TP

yogatherapylondon.com

Orassy Kendron

Unit 5, 3 Birchfield Street, London, E14 8ED

orassy.com

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Fashion

COPYCAT

Vanessa's raunchy look inspired **Beth Allcock** to track down a few pieces to help you smoulder

Blue denim skirt, £19
internacionale.com



Mary Portas at House of Fraser leather jacket, £355
houseoffraser.co.uk



WE LIKE

Rose vest top in grey, £10
pilotfashion.com



Limited collection studded belt, £12.50
Marks and Spencer Westfield Stratford City
marksandspencer.com



VANESSA WHITE

GETTY

Rough and tough DENIM

For Miu Miu, DKNY and Chanel, it's *the* fabric. **Beth Allcock** picks out the denim pieces that you need

Curve denim shorts with lace, £28
asos.com



Curve denim hem tee, £28
asos.com



Embroidered patch denim shirt, £12
Primark Westfield Stratford City
primark.co.uk



Lainey leather panel denim dress, £26.99
missguided.co.uk



East denim tunic dress, £69
John Lewis Westfield Stratford City
east.co.uk



Denim rucksack, £29
Accessorize Canada Place
accessorize.com



Denim blue rope wedge sandals, £65
laredoute.co.uk



Aztec denim shorts, £30
River Island Cabot Place
riverisland.com



Denim tapered trousers, £30
Next Canada Place
next.co.uk



Reviews

Diatribes that aim to take the gloss off shiny Apple

STAGE

The Agony And Ecstasy Of Steve Jobs

Waterloo East Theatre

Writer and activist Mike Daisey has something very important to say about the link between slave labour in China and our addiction to technological catnip provided by Apple and its spiritual leader Steve Jobs.

His is a mission, a quest, an unrestrained fury. But Daisey wisely subsumes his desire to hector and gives his words to an actor – in this case Edward Fromson.

With discipline restraining his demagoguery, writer and actor begin well, painting pictures of a visit to a phone hacker, creating characters who strip down a MacBook for fun.

It is witty and sharp and they take us with him. All the way to Foxconn, the disturbing Chinese manufacturer of the iPhone where 430,000 inhabit a vast, silent plant, living, working and,



Edward Fromson takes the stage

often, killing themselves, within its heavily-guarded perimeter.

Bright Chinese youngsters, with degrees, who have escaped their fishing villages, consign themselves to this perilous workhouse. Here, they make iPhones by hand – cheaper than machines – and some inhale the neurotoxins until they're finished at 25.

Then writer Daisey loses it. He cannot help himself. He is just so mad (rightly so). He dumps the theatrical experience, the characters, the portraits, the wit and starts with the lecture.

It doesn't help that the performer, Edward Fromson, sits at a desk and reads mostly from a script (a virus, we're told, wiping out rehearsal time).

He can do the actorly bits but polemics and passion are beyond him. He steps gingerly from one line to the next, utterly lacking in confidence, not sure if he should be crescendo or diminuendo so settling for a soft, soporific newscaster drone that just, well, peters out.

Giles Broadbent

Until Feb 23, waterlooeast.co.uk

Our verdict

An interesting, important idea whose form defeats its purpose

★★★☆☆

Lost that loving feeling?

SCREEN

This Is 40

(15) 133mins

Since the release of *The 40-Year-Old Virgin*, in which Steve Carell famously had his chest waxed on camera, writer-director Judd Apatow has become synonymous with rumbustious yet touching comedies that explore the foibles of the human condition.

In *This Is 40*, Apatow revisits characters from *Knocked Up* to explore the reality of married life for a middle-aged couple who have lost that loving feeling.

Laughter and tears are weighted heavily in favour of the former with some very funny interludes, including a marijuana-spiked vacation and actor Paul Rudd examining his lower portions in a mirror.

However, the characters' various emotional crises scream out for resolution well before Apatow decides that he's had his fill.

Pete (Rudd) and Debbie (Leslie Mann) have raised two beautiful daughters, 13-year-old Sadie (Maude Apatow) and eight-year-old Charlotte (Iris Apatow), but are now stuck in a rut.

Sadie is going through a difficult phase, clashing with her parents about her addiction to her favourite television show.

"My relationship with *Lost* is not your business. It's incredibly personal," she snaps, eyes glued to her tablet.

"JJ Abrams, he's ruining our daughter. That geek!" despairs Debbie.

Meanwhile, precocious tyke Charlotte is upset by all of the screaming and shouting in the house.

As Debbie goes into denial about turning 40 in the very same week that Pete celebrates the same milestone, husband and wife re-evaluate their stagnating marriage.

They decide an emotional spring

SCREEN

Beautiful Creatures

(12A) 124mins



Based on the first book in the Caster Chronicles series, *Beautiful Creatures* is a supernatural love story about a teenager with strange powers torn between the forces of darkness and light (sound familiar?)

It tells the tale of two star-crossed lovers: Ethan (Alden Ehrenreich), a young man longing to escape his small town, and Lena (Alice Englert), a mysterious new girl. Together, they uncover dark secrets about their respective families, their history and their town.

★★★☆☆

clean is in order, which has dramatic repercussions for Pete's cash-strapped father (Albert Brooks) and Debbie's employees (Megan Fox, Charlyne Yi) at her upscale clothing boutique.

This Is 40 hopes to recapture the sentimental glory of *Knocked Up* but lightning doesn't strike twice.

Rudd and Mann – Apatow's real-life wife – are an attractive pairing and scenes of them bickering are galvanised by wonderful on-screen chemistry and a sharp script.

Casting Apatow's daughters Iris and Maude adds to the realism of the dysfunctional on-screen family unit.

A scene-stealing cameo from Melissa



Pete (Rudd) shares his troubles with Chris O'Dowd

McCarthy (*Bridesmaids*) delivers big laughs and Jason Segel and Chris O'Dowd catalyse an amusing rivalry for Fox's affections.

Regrettably, brevity is not the soul of Apatow's wit.

Where one snappy scene would suffice, the writer-director opts for protracted navel-gazing until we, like Pete and Debbie, begin to lose faith in the central relationship.

Damon Smith

Our verdict

At 133minutes, this could be called *This Is 40 Minutes Too Long*

★★★★☆

SCREEN

A Good Day To Die Hard

(12A) 97mins



Take a walk down Memory McClane. It has been 25 years since John McClane (Bruce Willis) first stormed on to the scene.

For this fifth chapter, his son Jack (Jai Courtney) enters the fray, joining the old man on an explosive jaunt through Moscow to prevent disgraced Russian general Komorov (Sebastian Koch) from wreaking havoc. John Moore (Max Payne) keeps a tight rein on the pyrotechnics.

As the poster tagline succinctly puts it: Yippee-ki-yay, Mother Russia.

★★★★☆



Real life husband and wife Paul Rudd and Leslie Mann

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Comment

Master of the house invites his pal over for anarchy

Master A had one of his classmates over for a play date; it is the first time he has had anyone from school over to the house. Quite possibly the last.

It started oddly when Master A did a great impression of recreating *Through The Keyhole*. The master of the house giving his guest a guided tour, explaining the merits of having both a downstairs cloakroom and upstairs loo. I do often wonder what goes on in Master A's head – it definitely isn't that of a "normal" five-year-old boy.

Two hours in, the house strewn with toys, my nerves couldn't take any more. "Who fancies *Wreck-It Ralph*?" I asked in desperation. Master A squealed with delight, while The House Guest proffered an emotionally blank expression.

It might not be the next *Toy Story* but *Wreck-It Ralph* is worth a cinema visit, especially if you are nursing a couple of hyped-up youngsters. Totally absorbed by the movie, the boys sat rooted to their bucket seats like a clubber on ketamine.

I was feeling self-satisfied. Seven hours into the play date, the boys were still

WORKING MUM



TABITHA RONSON

having fun – and I was remarkably calm. As with every moment of smugness, however, it soon evaporated.

Too late to get the boys home to cook supper, I opted for an upmarket pizza and pasta chain. It proved to be one of my less inspired moves.

Master A's playmate, it transpires, has the table manners of Steve Martin's Ruprecht, a knife and fork appearing to be alien while spaghetti coupled with a social dining setting proved a fatal combination.

To cool the pasta, he rubbed it between

his palms before scuttling rat-like under the table to ingest it. His sauce-smeared face would then come up for more.

The other diners in the restaurant were horrified by the behaviour, all of them looking at me, tutting with disgust.

Not knowing the protocol in this type of situation – can you chastise someone else's child over their table manners? – I dragged them both out despite them only having eaten half their supper and forgoing the pre-paid dessert.

Working Mum, now understanding why parents opt for a Golden Arches takeaway.

POLITICAL NOTES & VIEWS

By Lutfur Rahman

Why we're still investing in services

We haven't yet reached the third anniversary of the Coalition Government, and yet Britain is hovering on the brink of a triple-dip recession.

Here in Tower Hamlets, we have had to find £100million in savings so far. We fully expect to have to find more.

This week I will be unveiling my budget for 2013-14. Other local authorities have increased their council tax. Here in Tower Hamlets we propose to freeze it for the fourth year running.

Other local authorities have cut services. Here in Tower Hamlets, we will continue to protect the vital front-line

services of which we are proud, continuing to invest in housing, education, employment and leisure.

Other local authorities are closing facilities. Here in Tower Hamlets, we are opening them, as with the Idea Store in Watney Market, new children's centres and of course, Poplar Baths. What is more we will continue to provide free home care, something that very few other local authorities are still willing or able to do.

Since we know that the Government's cuts are seriously affecting residents, we will be taking further steps to mitigate their worst effects.

My budget plan will earmark a further £1million for a new programme to support some of the most vulnerable families now at risk of homelessness.

Executive mayor,
Tower Hamlets
Council



Fancy a quick bite to eat?

There ought to be some rules, thought Murray as he mulled over the menu for his big date

Somewhere in the lower field, a cockroach crowed.

Murray yawned. It was a short step from his bed to the kitchen which overlooked the lower field.

He was drowsy but he was brought to wakefulness by the attentions of Rex and Felixia. Rex would leap upon the bed, lick Murray's face and indicate his eagerness for breakfast.

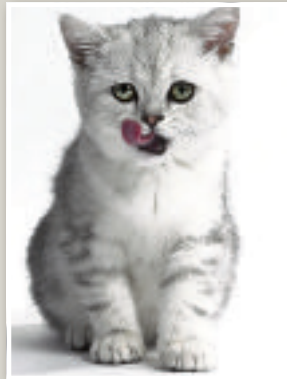
Felixia was more sly. She would find an aperture in the covers and slide in, clawing her master's leg until he could bear the pain no longer.

Then again Felixia was feisty for a naked mole rat and her frequent duels with Rex made her crabby.

While the elephant bacon sizzled on the griddle and the ducklings bubbled in the pan, Murray stared at the sunrise. There was work to do.

His herd of horses, muck spattered but docile in the barn, were heavy with milk. He had separated out the foals only a week earlier and he reckoned that at market he could fetch a tidy sum, such was the metropolitan craze for foal fettucine.

Rex scratched at the back door.



SPIRAL
NOTEBOOK
By Giles Broadbent

He was a working skunk, loving the challenge of rounding up the meat cats that spent the night in the upper field.

In fact Rex had won rosettes at the county show where he had commanded the arena. Murray himself was a mean wrangler of badger, riding his stag with a mix of dexterity and violence.

He loved the show – the duck baiting, pin the club on the seal, the monkey shy, the cow dressage.

Puppy hunting was banned now, of course, but the local meet slipped through a loophole, smearing a fox in puppy grease and chasing that instead. Everybody hates those finger-lickin' vermin.

Murray decanted rhino horn from its tortoise housing onto his rabbit blood pudding. He needed a quick libido boost ahead of his big dinner date with Molly that night.

Molly would have no truck with his usual diet. She was a raregan, only eating animals from the IUCN Red List Of Threatened Species.

Her inexplicable faddiness ruled out his usual dating fall-back: peacock and ham soup, cocker vin with dolphin potatoes, followed by instant whippet.

So now he had been forced to ask George to see if he could land him a couple of tiger/prawns – she loved that surf and turf combo. Maybe a mild chinchilla con carne or something otter. Not Poodle™.

She didn't drink alcohol so it would be washed down with a nice Oranu-Tango or sparkling Terrier water. Then koala coffee and marzipan snaps by the open fire.

She was a devil to cook for, all those fads and emotions.

The things we eat and don't eat, laughed Murray to himself, mugging a meerket for its shoulder meat. Made no sense. There ought to be a system.

Tomorrow

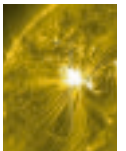
Technology

Solar superstorm

Britain should create a quango to prepare the country for a once-in-a-lifetime solar superstorm, according to a new report.

A UK Space Weather Board would be on the look-out for an event that could trigger black-outs, knock out satellites and disrupt communication technology.

The Royal Academy of Engineering said the last such event was in 1859 when a tidal wave of energetic particles sent sparks flying from pylons and caused fires.



Today

App Of The Week



Bound

Imagine Pictionary, only in real-life, and possibly cruder. This fun (or irritating) app aims to bring inventiveness to photo-taking with a series of posers with which the answer is a wacky image.

So "Something you shouldn't put in a sandwich" or "bad mother's day gift" sets the challenge and the winner gets "coins" and glory. Free on iTunes

Yesterday

By Wharfinger

The pips

In February 1924, a new sound was introduced to the world by Greenwich Observatory via the BBC.

The time signal – or pips – is a series of six short tones broadcast at one second intervals to mark the precise start of each hour. The actual moment when the hour changes is at the very beginning of the last pip.

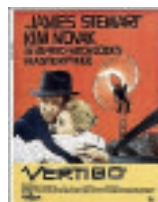
A pip-like sound is incorporated into the BBC News theme music but digital broadcasting, which has a time lag, is diminishing their usefulness.



Listmania Top Hitchcock movies

With Anthony Hopkins' portrayal of Alfred Hitchcock in the cinemas, we look back at the Brit director's best

1



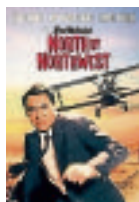
Vertigo, 1958 • Recently voted the best film of all time

2



Psycho, 1960 • The film that ushered in new era of horror

3



North By North West, 1959 • Iconic chase movie

4



Rear Window, 1954 • Invalid man sees a murder unfold

5



Rebecca, 1940 • The classic love story gets definitive outing

the Road

With one eye on the speedo and the other on the open road



ROAD TEST

Titanic A8 is still lithe on the road

Patrick James
The Wharf

Measuring up to a Bentley was one of the biggest tests for Audi's luxurious A8 saloon.

You might expect the Bentley – which incidentally is twice the price – would outshine the Audi.

But in fact the flagship A8 proved itself to be a stunning car. A hugely powerful, yet frugal diesel engine, all-wheel drive performance and a luxurious interior make this limo a serious contender in the executive car market.

The first thing that hits you about the A8 is the sheer size. It dwarfs almost everything else on the car park and looks far better than its predecessors.

There's plenty of substance underneath all of the style. The button ignition launches a huge laptop-style screen out of the wood dash trim, which houses the clever Multi-Media

Interface system. A central dial controls the superb system and sits between the automatic gear control and the central arm rest.

Electronics aside though, the performance of the 4.2-litre V8 engine is probably the most incredible feature on the A8. Anyone who sits behind this huge cruiser will be stunned to see just how quickly it can transform into sport car performance.

Its sport mode will catapult you to 60mph in just 5.5 seconds courtesy of the light body, the V8 engine and the Quattro system keeping it firmly planted on the road.

The performance, the styling and the technology sees it easily compete with competitors like the BMW 7 Series, the Jaguar XJ and the Mercedes S-Class.

Our verdict

A stylish Audi that punches well above its weight

★★★★☆

The A8 Quattro is a set to become a big player in the executive market



FACTFILE

Audi A8 4.2 TDI Quattro SE Executive Tiptronic

■ Price: £74,520
■ Mechanical: 350bhp, 4,134cc, 8cyl

diesel engine driving four wheels via 8-speed automatic gearbox
■ Max speed: 155mph
■ 0-62mph: 5.5 seconds

■ Combined mpg: 37.2
■ Insurance group: 47
■ CO2 emissions: 195g/km
■ Warranty: Three years / 60k

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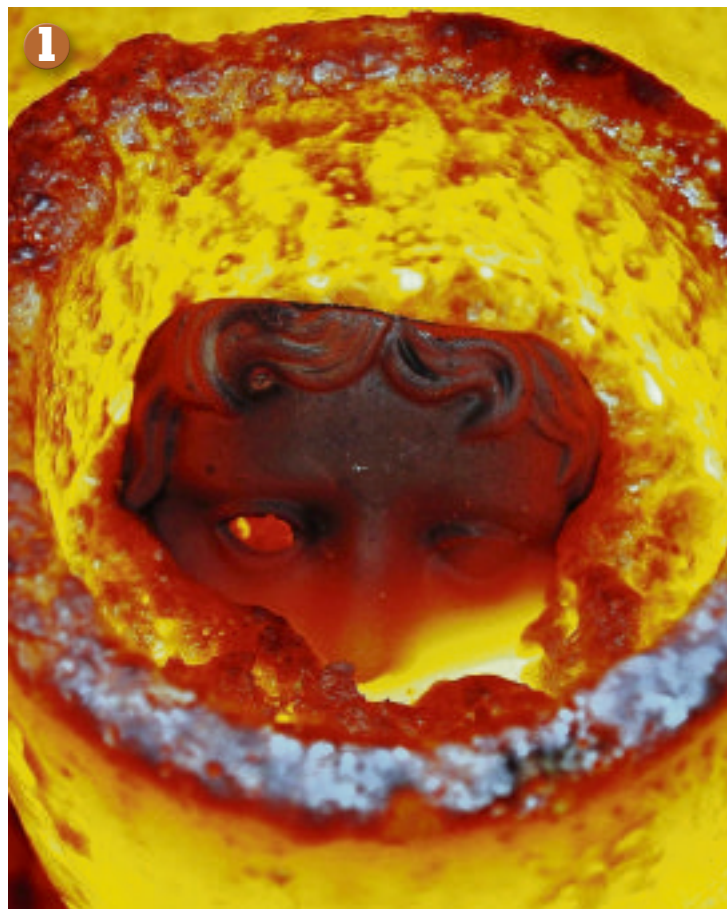
The official fuel consumption figures in mpg (l/100km) for the Mazda Range: Urban 21.9 (12.9) - 55.4 (5.1). Extra Urban 38.7 (7.3) - 78.5 (3.6). Combined 30.1 (9.4) - 67.3 (4.2). CO₂ emissions (g/km) 219 - 108.

Retail sales only, subject to vehicle availability for vehicles registered between 01.12.12 and 31.03.13 at participating dealers. T&C apply. *0% finance available on all Mazda2 and Mazda3 models. Examples shown: Mazda2 1.3 5dr Air Con, £249 per month and Mazda3 1.6 5dr Air Con, £249 per month. Part exchange the vehicle, where equity is available. (ii) Retain: Pay the Option Final Payment to own the vehicle. (iii) Return the vehicle. Further charges may be made subject to the condition of the vehicle. Finance subject to status, 18s or over. Guarantee/Indemnity may be required. Mazda Financial Services RH15SE. Models shown: Mazda2 1.3 3dr TS Air Con, OTR £10,495; Mazda3 1.6 5dr Tamura, OTR £15,995. Models shown feature optional Metallic/Pearlescent paint (£495). OTR price includes VAT, number plates, delivery, 12 months' road fund licence, first registration fee, 3 year or 60,000 mile warranty and 3 years' European roadside assistance. Test drives subject to applicant status and availability. Details correct at time of going to print. Not available in conjunction with any other offer unless specified.

Images



REUTERS



1

A damaged Bafta award is recycled.

REUTERS
Luke MacGregor
BRITAIN

2

The Atlas moth caterpillar is seen in Bern's botanical gardens.

REUTERS
Pascal Lauener
SWITZERLAND

3

Children dressed as Gandhi mark the anniversary of his death.

REUTERS
Babu Dalsh
EGYPT

4

Canadian skeleton rider Sarah Reid hits the ice in St Moritz.

REUTERS
Arnd Wiegmann
SWITZERLAND



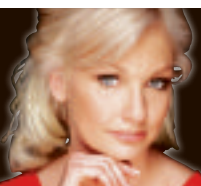
Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro



AQUARIUS

JAN 21-FEB 19

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So, you've learnt some hard lessons over the last few years and you've had to go through a lot of pain learning them. So what now? Now you start living.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

Finances need to be your priority. You're going to be wanting to make major changes in the months ahead. You need to know what you want to spend.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

Don't get involved in the gossip that is going to be circulating your social group. What others say may be forgotten. Put time into close ones this week

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

Words may not be honoured. Don't be too hard on close ones who cannot keep their word, as aspects suggest it's out of their control. Relax.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

Your dual nature actually has more good points than it does bad as it allows you to see things from other peoples' perspective. Beware new friends.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

Taking time out to talk to those who are younger than you can see you doing much to help them on their journey in life. Lies in business come back on you.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

You're bored with someone or something and this week you'll be going out of your way to make sure everyone knows this. Do it quietly and with class.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

What you first take as bad news turns into good news before this month is over. Knowing this can ease the pressures I know you'll be feeling after a trauma.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

Someone who is no longer a part of your life is on your mind and in your heart today. Remember the good things and what they added to your reality.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

You're more willing to spend time with close ones than you were. You've mellowed a lot and it shows by the amount of friends you now have.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

Ask yourself what you want out of life and don't just listen to what others think you should do. After all, you're the one who has to live your life.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

Teaching is well starred and if you were thinking about going back into any form of education or learning then this is the perfect time to start to do your research.

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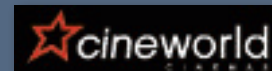
Dinner and a Movie



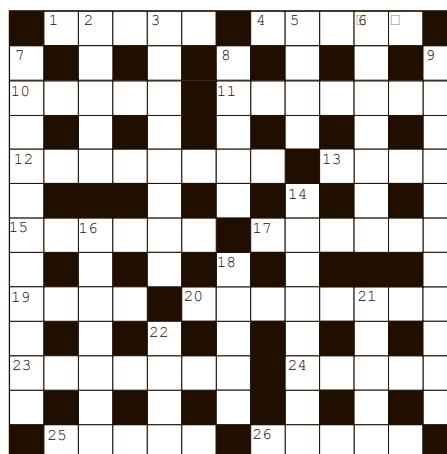
★ Fancy winning dinner and a movie for you and a friend? We've teamed up with West India Quay's Via and Cineworld West India Quay to offer two pizzas, two bottles of Peroni (or a bottle of wine) and a pair of tickets to the cinema. To be in with a chance of winning, just tell us the

name of the star of *This Is 40*, pictured here in a scene from the film. Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date for entries is February 21, 2013.

Include your name and postal address and the details and tickets will be posted to you.



Crossword



ACROSS

1. Lorry (5)
4. Jumps (5)
10. Criminal organisation (5)
11. Move forward (7)
12. Of Europe and Asia (8)
13. Painful (4)
15. Fridge compartment (6)
17. Red semiprecious stone (6)
19. Ballet skirt (4)
20. Suppress by force (5,3)
23. Collection of books (7)
24. Of sound or hearing (5)
25. Beautiful girl (5)
26. Decorate (5)

DOWN

2. Allude (5)
3. Type of TV programme (4,4)
5. Jealousy (4)
6. Card game (7)
7. At once (11)
8. Ending in death (5)
9. Pleasure (11)
14. Agricultural worker (8)
16. Edible (7)
18. Remains (5)
21. Command (5)
22. Prison (4)

ACROSS: 1. Truck; 4. Leaps; 10. Mafia; 11. Advance; 12. Eurasian; 13. Sore; 15. Icebox; 17. Game; 19. Tutu; 20. Stamp out; 23. Library; 24. Audio; 25. Belle; 26. Adorn. DOWN: 2. Refer; 3. Chat show; 5. Envy; 6. Pontoon; 7. Immediately; 8. Fatal; 9. Delectation; 14. Farmhand; 16. Eatable; 18. Stays; 21. Order; 22. Jail.

Sudoku

EASY

		4			6	2		8
		8	5	1	2		6	
		1	8	9	4	3		7
8		7		5	3			
2	3		1	6		7	8	
4	9	6	7	2		5	3	1
	4	3	9		7			6
7			2	3		8		
1	8	2	6	4	5	9	7	3

HARD

				2				7
		3			6			
8		2		9			6	
1		6			2			5
	5			8		6		3
							2	
			9			7	1	8
	1		5	7				9

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brain teasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

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THE FANS' ROAR

By Ian Toal

Woodwork barrage was encouraging

Millwall Supporters Club

Four successive league defeats is a dismal run. At least there were signs at Blackpool on Saturday that our bad form may be coming to an end.

We hit the woodwork three times in the match and only lost to an injury time goal by Blackpool substitute Nathan Delfouneso.

We finally found the net in this game, the first time since our victory over Aston Villa in the FA Cup, with winger James Henry netting direct from a corner. Recent signing Rob Hulse was unlucky not to open his Millwall account as he hit the woodwork twice.

Even after Delfouneso scored we nearly got an equaliser when defender Shane Lowry hit the bar with virtually the last kick of the match.

We fielded yet another variation up front at Bloomfield

At least we finally found the net at Blackpool

new signing is an England Under-21 international and played in last week's 4-0 win over Sweden alongside fellow Lions loanee Adam Smith.

Millwall supporters hope Afofe can be another loan success for our club.

Our focus is not internationals however and we need league wins so we don't spend our time looking over our shoulders. The FA Cup fifth round match at Luton this Saturday will provide a well-timed break from the Championship.

We need to win, not just to get us into the quarter finals, but to give us some confidence.

Despite our bad form, the 1,500 tickets for the Luton match sold in little over an hour. At Millwall we haven't got a loyalty scheme for away season tickets meaning there was a free-for-all among the 6,200 season ticket holders, overloading the website. Many loyal fans missed out. A proper system should be in place.

Racism appalls CEO

FOOTBALL Millwall's CEO Andy Ambler said he was "appalled" by Sky Sports News footage of Lions supporters racially abusing Leeds' El Hadji Diouf at The Den in November.

The club said it would seek to identify the fans and would urge for the "strongest possible action" to be taken against them.

French warrior's agony at injury time collapse

CHARLTON

Addicks must keep defending until the final whistle, says frustrated Yann

Rob Virtue
@wharf.co.uk

As the rest of the players trudged off to half-hearted applause from a disappointed Valley last Saturday, Yann Kermorgant cut a figure of anguish as he stood rooted to the centre circle.

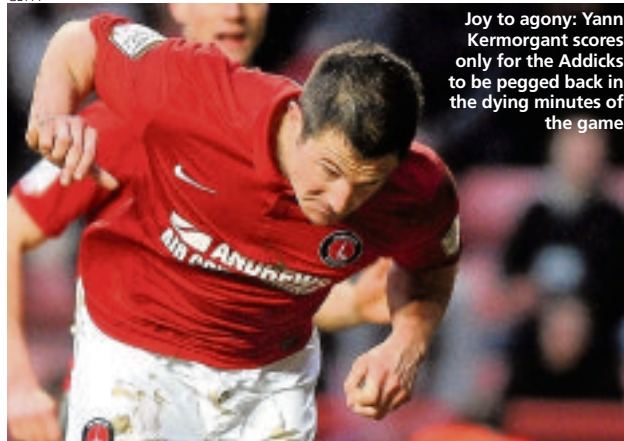
The French warrior thought he had won the game with the only goal in the 88th minute before Birmingham's Wade Elliot stabbed home an injury time equaliser.

It followed leads lost against both Sheffield Wednesday and Crystal Palace in previous weeks and it was too much for Kermorgant to bear.

The 31-year-old said: "Maybe we thought it was enough and that time was up, but we have to keep going and defend until the end of the game."

"I said to the gaffer before the game we were eight points between the

GETTY



Joy to agony: Yann Kermorgant scores only for the Addicks to be pegged back in the dying minutes of the game

play-offs and relegation, so this game was very important. If we won, we could have bounced into the top half of the table."

But the Frenchman said the club could still make a late charge up the league, starting with a trip to fourth placed Hull City on Saturday.

He said: "We are still in the middle, so we have to keep working and hope to get a good result in our next game."

"We could have won the last six games and we are not too far away. It

is just little details and the last three games have not gone for us."

Manager Chris Powell could be tempted to play both Kermorgant and Ricardo Fuller up front on the visit to the in-form Tigers. The duo created a number of problems for Birmingham's defence last weekend.

Powell has also not ruled out a loan transfer coming in with Millwall forward Dany N'Guessan continually linked to a move to SE7.

Hull City v Charlton, 3pm, Saturday

WEST HAM

Hammers take break in Dubai to regroup

IF THE Hammers are to overcome a slump that has seen them slip alarmingly out of form, they must defeat a Spurs side with a realistic chance of Champions League football next season.

The dispiriting 1-0 loss against Aston Villa at the weekend underlined the Irons' inability to take points from games in the way they managed at the start of the season. A 15-day break, including five days of warm weather training in Dubai, will give Sam Allardyce a chance to regroup.

Striker Carlton Cole said: "Our home form is something to look forward to, so if we can just get a few points and performances away from home then that will be good."

West Ham v Tottenham Hotspur, Feb 25, 8pm

WEEKEND FLUTTER

WITH THE RACING POST

RACING

■ The Betfair Chase takes place at Ascot on Saturday and, at 7-1, the Mick Channon-trained Somersby looks good each-way value. The nine-year-old has a great record at the track including a win in the Victor Chandler Chase last season.

Ed Quigley

FOOTBALL

■ This weekend sees a number of one-sided FA Cup last-16 ties but one perceived underdog who look a massive price is Barnsley. The Tykes are one division above Milton Keynes yet go off outsiders despite a run of six wins in seven against Championship sides. Bookies have made a huge mistake in pricing them as big as 11-5.

Mark Langdon

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

SPORT IN BRIEF

Round-up

Millwall fail to go the distance

RUGBY Millwall's first team lost 31-12 at home to league leaders Campion on Saturday in a tough fixture on the Isle of Dogs.

The visitors overcome the east Londoners despite the hosts' strong start.

The firsts travel to Burham next Saturday.

Hammers legend hits the post box

FOOTBALL West Ham and England legend Booby Moore has been included in a new collection of Royal Mail stamps featuring 11 international greats.



The set of illustrations will be available from May 9.

Wharfers invited to take on City

RUN Canary Wharf firms will be battling their City cousins when an estimated 5,000 white collar workers take on this summer's Standard Chartered Great City Run.

The 5k event will raise cash for charity Seeing Is Believing. Go to cityrace.co.uk for details.

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Sport

Wharf



PURE YANNGUISH

Pain for striker as Birmingham snatch a draw from Addicks **P55**

MARTIAL ARTS

British champion to teach Wharfers about their bodies and themselves

Beth Allcock
@wharf.co.uk

A high-intensity concoction of kicks and clinching, the ancient practice of Muay Thai warfare was traditionally a method of defending a community.

Dubbed "the art of eight weapons" it involves plentiful use of the fists, elbows, knees, shins and feet, coupled with good physical preparation, to produce maximum results.

The martial art has recently exploded onto the Docklands sporting scene courtesy of a 29-year-old from east London.

Ruqsana Begum holds the title of British Muay Thai Champion and secured a bronze medal at the sport's world challenge in Russia last year.

Ruqsana, who also holds a degree in architecture and wants to teach others the practice, said: "It's such a good way to get fit and healthy and learn about yourself.

"It applies in your day-to-day life. It's dedication, it's hard work, and shows that if Plan A doesn't work, you go to Plan B.

"It's challenging yourself to be the best you can be. It doesn't have to be about jumping straight into the ring, although you can do that."

Her own successes in the ring, sprung from a taster session at college. But she faced an uphill battle outside the ring as she strived to convince her Muslim family and friends the martial art was her career.

She said: "I don't see myself as the British champion. I am just a girl that trains hard.

"I look at most athletes that have

I'M JUST A GIRL WHO TRAINS HARD



Top Muay Thai fighter Ruqsana Begum says she had to battle in and out of the ring to get where she is today

8

'Weapons' used by fighters in Muay Thai contests

achieved what I have and they started from age five and, perhaps, had someone in their family who did it.

"I had none of those benefits and I started from a minus in many ways. I match them and I am competing at a world class level without family support. I am being my own best friend.

"My coach is behind me and supporting me and now my family know what I have achieved. Before

W

Was succeeding tough for you?

"Most athletes that have achieved what I have started from age five and, perhaps, had someone in their family who did it. I had none of those benefits."

Ruqsana Begum

that it was all behind closed doors putting in the hard work. But I have a lot to be thankful for. Even when it has been hard, the year has always ended well.

"Last year, I got to carry the Olympic torch and that was very special. I also got presented to the Queen, which was such an honour."

Coached by Olympian Bill Judd, she will be holding a series of classes at the Ringside Gym, on South Quay.

Although in competitive terms, she

said the sport was "one of the most dangerous martial arts", the Ilford resident said Wharfers could reap rewards.

Ruqsana is now juggling her training and classes with helping youngsters as a coach for charity Fight For Peace, based near London City Airport, and working part-time at Tower Hamlets' Swanlea School.

To book for one of her classes at Ringside call 07984 009 135 or email ruqsanabegum2k@hotmail.com.

Blackheath's Richard Lankshear, the architect of the south east Londoners' winning score, carries for his team



RUGBY

Dunne quick to make missed chances count

BLACKHEATH'S David Dunne was the star of the show as the south-east Londoners sneaked away from Tyneside with the narrowest of victories.

Blaydon, second in the league and previously unbeaten since October 6, led for 63 minutes and looked certain to wrap up their 16th win of the season.

But missed chances either side of the break proved crucial and, up the other end, Dunne slotted away four of his kicks from six which, alongside some fine line-kicking, helped Blackheath to a 21-20 victory.

The visitors were far from their best but managed to power through with just eight minutes remaining when Richard Lankshear fed Sean Moan for the winning score.

Next Saturday, Blackheath are at home to Cinderford. Kick off is at 3pm at Rectory Field.

Rob Virtue
Millwall RFC • Page 55

Ruqsana fights for peace to keep youngsters safe

RUQSANA Begum's passion to promote the wider benefits of sport led to her taking on a coaching role at Fight For Peace.

The organisation, with its London base at North Woolwich, was formed in 2000 by Luke Dowdney who witnessed the violence encountered by street children in Brazil.

Charged with finding an alternative to drug trafficking and violence for young people the world over, the former amateur boxer devised a system that combined boxing and martial arts with education and personal development.

Ruqsana said: "I got involved



The project has also won backing from Team GB's Nicola Adams

with the coaching team, doing workshops and personal development sessions.

"It's really good to see you can make such a difference to someone's life and take them from one extreme to another. Quite a few former members are personal trainers now.

"They have really turned their lives around.

It takes them away from the negative in society and gives them something positive.

"They can apply their energies in sport and instead of losing it outside, they can lose it in the boxing ring."

Go to fightforpeace.net.

PROPERTY

Wharf

Canary Wharf's leading property guide



Why agency
is backing
our public
award vote

P15

Natural fibre
is ideal for
those who
hate dust

P16

3

of the best
properties
available in
Docklands

P14



Kilburn scheme is keen to attract Wharf buyers

Developer hopes to tempt workers who fancy a half hour commute [Page 14](#)

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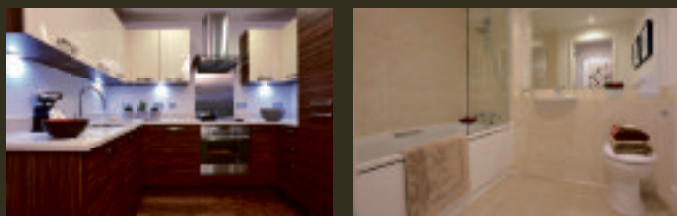


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Guide: £200,000

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A typical interior at Bourne Place in Kilburn

Kilburn is within striking distance

THE developer behind a Kilburn scheme believes the latest phase of homes to be released there will appeal to young professionals.

Just a 30-minute commute to the Wharf, the one, two and three-bedroom apartments at Bourne Place form the second stage of the Kilburn Wells development.

L&Q has branded its scheme a "regeneration project" for south Kilburn, which will ultimately see 3,000 new homes built close to facilities such as Paddington Recreation Ground, Portobello Market and the Tricycle Theatre.

Offering "a spacious layout finished to a high standard", homeowners will enjoy luxuries including underfloor

heating and natural oak flooring in the living spaces as well as carpeted bedrooms.

Kitchens boast Indesit appliances while a Kaldewei bath and heated towel rails offer luxury in the bathroom. Outside, balconies or terraces provide access to surrounding green space.

Within walking distance of three Tube stations, those working on the Wharf can get to the estate in half an hour via the Bakerloo Line from Kilburn Park with a single change at Waterloo.

Prices range from £284,950 for a one-bed, £349,950 for a two-bedroom property and £474,950 for a three-bedroom home. Go to bourneplace.com or call 0844 406 9294.

Beth Allcock



An artist's impression of Cowdrey Mews

Sporty incentive to tempt buyers

BUYERS who purchase new homes from a developer in Sydenham will have the chance to win membership of a local cricket club.

The firm behind Cowdrey Mews has released 19 one, two and three-bedroom properties onto the market, which will be available to move into in March or April.

One resident will be

selected to receive a free annual membership to nearby Beckenham Cricket Club while others can take advantage of a 30 per cent discount on one of the activities offered by the club, including tennis and hockey.

Prices start at £195,000 for a one-bedroom apartment.

Go to cowdreymews.com.

Beth Allcock

People's voice to deliver a true picture of services

Public vote cuts right through marketing spiel that's rife in the property industry

South Quay-based estate agent Chesterton Humberts is sponsoring the People's Choice Award at The Wharf Property Awards, which will be decided by a public vote before presentation on April 25 at the Radisson Blu Edwardian, New Providence Wharf.

Area director Cory Askew tells us why the company decided to get involved.

What made you want to get involved with our awards?

Property forms such a big part of Docklands it's high time there was some recognition for the people who drive that industry.

It's a very exciting prospect to see people get rewarded and allow the public to see another side to us – the human side of our business – and break down the often bad perception some people have in this country of the industry.

We're often criticised for being unapproachable and insular but it's not the real us.

Why did you chose to sponsor the People's Choice Award?

Because there's so much marketing spiel put out in all types of business, it's rare you get external confirmation of who does a good job.

That's why we were keen to get involved with this. Voting by the public is the best and fairest way.

So how can people get involved?

Get out there and vote. This is such a transient area where people often rent for a year or two and then come back looking for a new place.

Because of that, great service and subsequent repeat business is very important. We want the public to talk about those success stories.

What stereotypes will be broken?

"Agents are often criticised for being unapproachable and insular but it's not the real us."

Cory Askew

Have you seen a lot of repeat business?

Yes. I've been here 10 years now and you get graduates who get a job in Canary Wharf, rent a home, and then – after having a good experience – come back for their next property.

What are you most looking forward to at the awards ceremony?

There's a lot of familiar faces in this business and a lot of people switch agencies over the years. There's a lot of good people in the industry so it will be good to catch up.

Agencies must nominate themselves for the People's Choice Award by February 28. A public vote will then be held to determine the winner.

Go to wharf.co.uk/awards.html for details on how to enter.

Go to chestertonhumberts.com for more about our sponsor's work.

Rob Virtue

the Wharf PROPERTY AWARDS

in association with **Gawor & Co** Solicitors

FAQ

What?

A champagne reception (sponsored by Gaucho) will be followed by a three-course dinner, the awards presentation and evening entertainment.

When and where?

The Radisson Blu Edwardian, New Providence Wharf on April 25.

What's the cost?

Tickets for the awards ceremony cost £65 per head or £60 for bookings of four or more. There is no fee to enter the awards.

How do I enter or book tickets?

Email Nikki Hamersley via nikki.hamersley@wharf.co.uk or call her on 020 7293 2247 stating which categories you or your firm are entering.

What are the categories?

Judged by our panel – The Wharf's editor Giles Broadbent, Trinity Mirror National Sales managing director David Emin and Docklands Business Club chairman Janette Withey:

- Lettings Agency Of The Year
- Sales Agency Of The Year (sponsored by Henry Wiltshire)
- Multi-Branch Agency Of The Year
- Start-Up Agency Of The Year
- Sales Negotiator Of The Year
- Lettings Negotiator Of The Year
- New Negotiator Of The Year
- Female Negotiator Of The Year
- Residential Development Of The Year

- Developer Of The Year
- Affordable Housing Scheme Of The Year
- Housing Association Of The Year

For details of special awards, entry criteria and more information about the ceremony go online and visit the link below.



Scan the QR code for entry details

wharf.co.uk/awards.html



Get capital growth with Wharf flat

Q I have a budget of £300,000 to buy my first property and want to buy something that's not only a home for at least the next five years but will also show decent capital growth. The question is do I buy a house just outside London or a one-bedroom apartment in Canary Wharf? Which will give me more growth so I can trade up to something better later on?

A There is always some kind of trade off when making a decision where your heart and head conflict.

Your heart will say buy the house because it offers the white picket and roses round the door everyone longs for.

But if your priority is capital appreciation, and you're thinking with your head, it has to be the one-bed.

Growth in cities has always been much higher than on the outskirts.

The very fact that you can buy a house in the commuter belt for the same price as a flat in town proves the point. The

1 infrastructure and convenience of everything in the capital pushes prices up.

People are willing to pay more for property in town because they don't have to contend with a long commute and everything else is on their doorstep.

Going out a bit further buys you the space but at the expense of convenience.

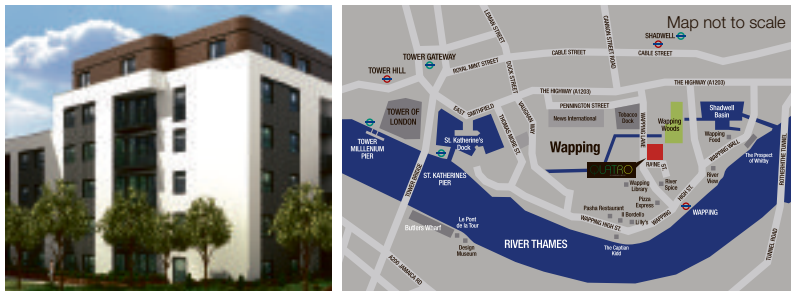
Naturally the fact there is greater demand for properties in London guarantees city pads attract much higher capital growth.

If you want to make your money work for you and you feel you can cope with less space for five years then go and buy the one-bedroom flat.

As long as you buy cleverly, you can then use the profit to trade up later on.

Remember to buy the worst apartment on the best road if you can. The standard estate agents' maxim – location, location, location – really does ring true and it's the best way to make sure that you are able to optimise your return when you come to sell.

Dawn Sandoval MNAEA is an independent property consultant working in the Canary Wharf area – call 020 7093 1702. Every effort is made to ensure the accuracy of comments given. Individual cases must be studied by a solicitor. Email questions to newsdesk@wharf.co.uk.



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PROPERTY

Without sniffles, you'll be singing praises of coir

Natural fibres offer a dust resistant alternative to those synthetic weaves

Julia Gray
The Wharf

Want a different kind of carpet? Forget wool and synthetic fibres and go for natural flooring, such as seagrass, coir and jute, instead.

If looked after properly, this flooring is no harder to maintain than carpet and, unlike synthetic fibres, it doesn't attract dust, making it a good choice for allergy sufferers.

Natural flooring is made of plant fibres, but the plants are usually grown in Asia and other places thousands of miles away, so it's often not as environmentally friendly as it might seem.

Wool and cotton can be combined with other natural fibres to produce flooring offering the best of both worlds, but if you'd rather be a purist, these are the most popular types of natural flooring:

■ Coir

Coir is a good value and hard-wearing alternative to carpet.

Made from coconut husks, it's coarse and durable, so it's perfect for areas that get lots of use, such as halls and stairs.

Its highly textured finish and strong fibres stand up well to wear and tear. However, water stains coir, so don't use it in kitchens and bathrooms.

■ Jute

In contrast, jute is fine, soft and silky, making it ideal for rooms with light foot traffic, such as bedrooms.

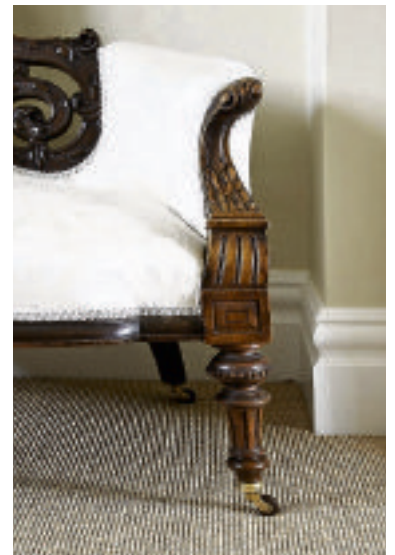
It's not recommended for use in bathrooms and kitchens (it can shrink after absorbing water), on stairs (it can be slippery and isn't particularly hard-wearing) and in areas of bright sunlight (it can fade).

The most popular options are chunky tweeds, fine herringbone or tight boucle weaves, available in a wide range of natural shades.

■ Sisal

Sisal is strong, versatile, hard-wearing and anti-static. It can generally be used for flooring throughout the home, although it's not suitable for high-moisture rooms.

It can be woven into a huge range of patterns, weaves and colours (it can be dyed, unlike most natural flooring), including metallics – shimmering strips of sisal make a stair or hall



Sisal can be woven into many designs

carpet extra special. Some of the most popular weaves are panama, herringbone, boucle and mini boucle.

■ Paper

Not, perhaps, what you'd expect a floorcovering to be made from, paper is actually a good all-rounder. The flooring is produced from the pulp of coniferous softwood trees, but the paper has to be virgin, rather than recycled, to give it strength.

Resin is added at the spinning stage for extra strength, durability and versatility. While many paper floors are suitable for heavy domestic use, not all can be used on stairs or with castor chairs and sofas. Kitchens and bathrooms are also best avoided.

■ Seagrass

Seagrass is not only hard-wearing and strong, it's also naturally stain resistant. There are often inconsistencies in its colour and weave, so don't buy it if you want a perfectly uniform look.

It has a heavy texture – herringbone and chunky basket weaves are popular – and is suitable for most rooms in the home, except high-moisture ones.

Tips for maintaining natural flooring include using doormats by outside doors, vacuuming regularly, putting something underneath chairs and sofas on castors and treating stains quickly.



Natural fibres sometimes come in irregular weaves making it tough to get a uniform finish

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[†]Prices correct at time of going to press. Photographs depict The Vertex Tower external and show apartment interior. *Terms and conditions apply. Offer available for homes reserved by 28th February. Please ask the Sales Team for more information.

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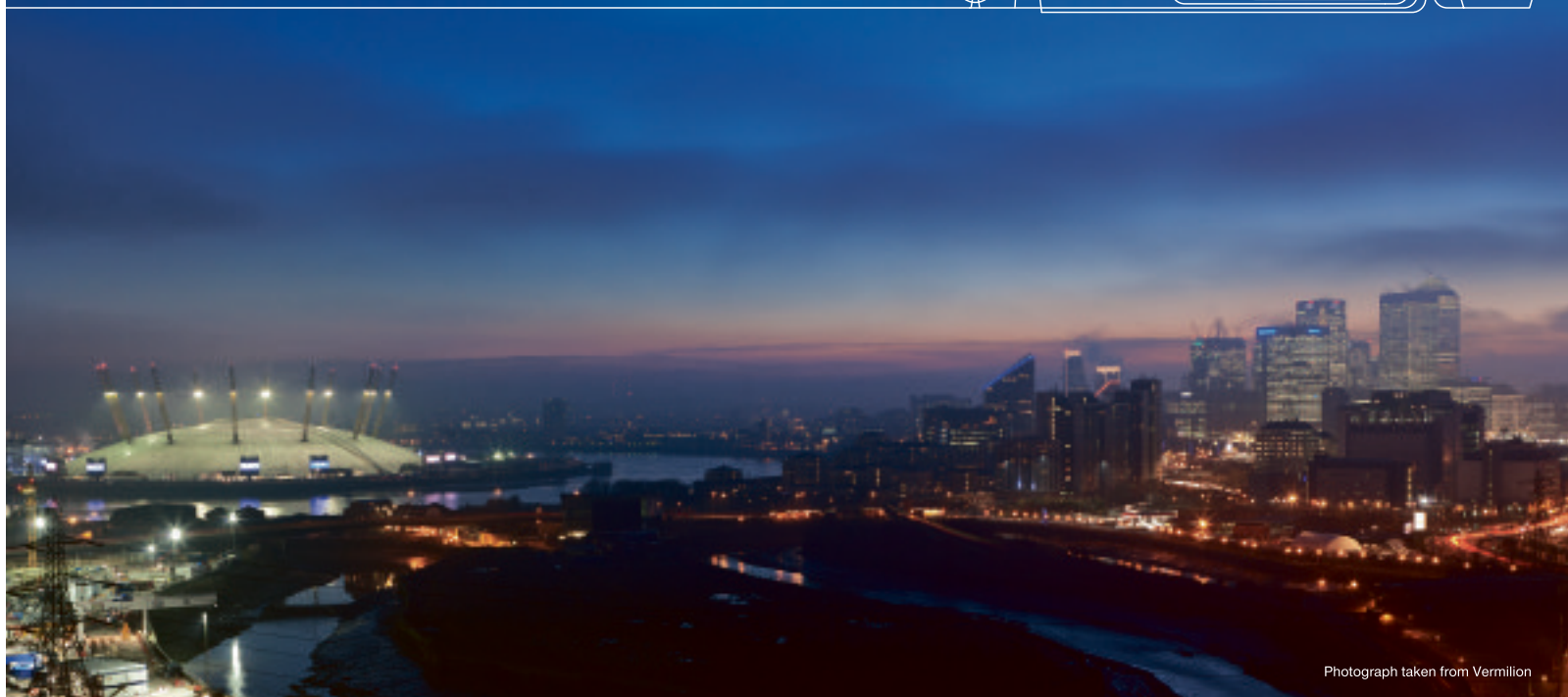


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Internal pictures shown are from the show unit
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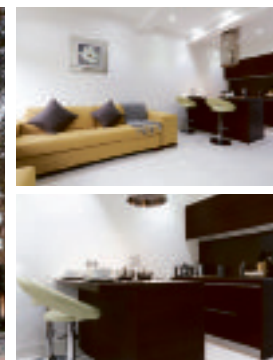
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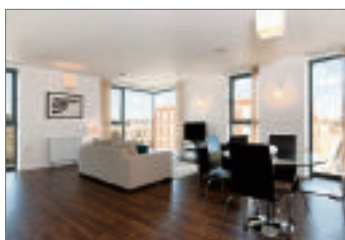
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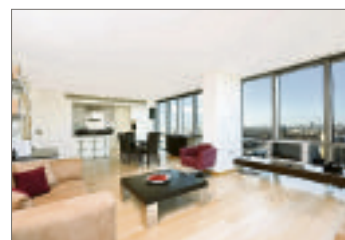
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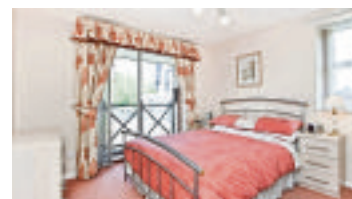
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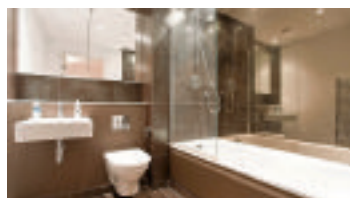


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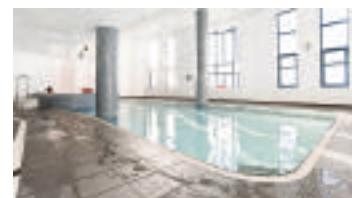
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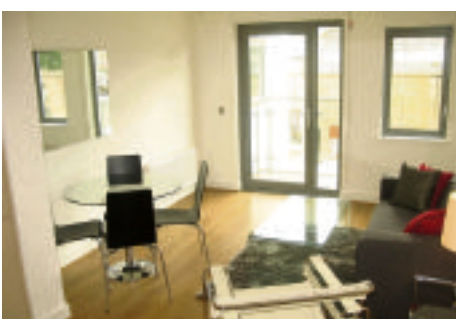
- Brand new development
- Studio apartment
- 24hr concierge
- Wapping overground



Ontario Tower, E14

£310pw

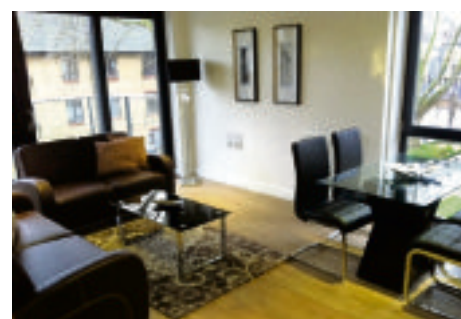
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- Chain free
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UNDER OFFER



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Ontario Tower, E14

- £295 per week
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- Eighth floor
- Leisure facilities



Naxos Building, E14

- £425 per week
- Fifth floor
- Balcony
- Modern two bedroom apartment
- Two bathrooms
- Direct river/City views



Lovegrove Walk, E14

- £525 per week
- Spacious three bedroom
- Fully furnished
- Terrace on the marina
- Integral garage
- Additional study room



Ambassador Square, E14

- £250 per week
- One bedroom
- Top floor
- Furnished
- Semi-open plan kitchen
- Off-street parking



Gainsborough House, E14

- £325 per week
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- Fully furnished
- Fourth floor
- Balcony
- Leisure facilities

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Chase Evans



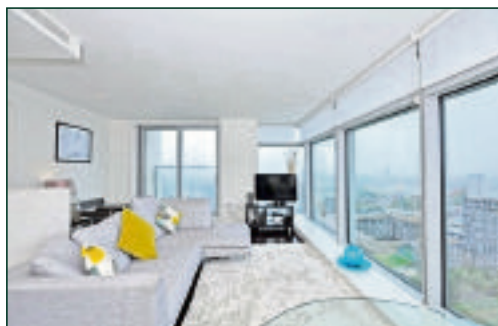
St Davids Square, E14 **£1,200,000 L/H**
1,535 sq ft sub penthouse in this popular, riverside development with 24 hr concierge, swimming pool and gym. Three double bedroom apartment with uninterrupted river Thames views towards Greenwich, the Cutty Sark and Maritime Museum. Extensively refurbished.
Docklands 020 7510 8444



Langbourne Place, E14 **£750,000 L/H**
Very spacious, two bedroom, two bathroom, duplex penthouse with all principle rooms facing south over the river Thames. Open plan reception/kitchen with floor to ceiling windows and large terrace, both bedrooms en-suite one with balcony. Excellent storage and secure underground parking.
Docklands 020 7510 8444



No1 West India Quay, E14 **£685,000 L/H**
30th floor, two bedroom apartment situated within one of Canary Wharf's most prestigious, dockside developments. Spacious reception room with floor-to-ceiling windows, open-plan kitchen, luxury shower room and en-suite bathroom. 24 Hour concierge & secure parking.
Pan Peninsula 020 7536 7900



Pan Peninsula, E14 **£679,995 L/H**
26th Floor, south and west facing, two bedroom, two bathroom apartment with balcony and panoramic views benefitting from fully integrated kitchen, comfort cooling, marble bathrooms and valet parking. 24hr concierge service, in house cinema and fully staffed leisure facilities.
Pan Peninsula 020 7536 7900



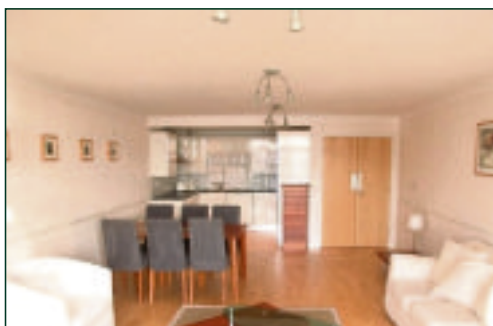
New Providence Wharf, E14 **£485,000 L/H**
Two bedroom, two bathroom, 7th floor apartment with direct river Thames & O2 Arena views from all principal rooms and the balcony. High specification throughout, solid wood flooring, air-conditioning and valet parking. Sought-after development close to Canary Wharf.
Canary Wharf 020 7515 1000



Silvermill, SE13 **£305,000 L/H**
Two bedroom, two bathroom apartment with roof terrace on the fourth floor of this modern development with concierge and gymnasium located moments away from Elverson Road DLR and Lewisham main line station with great links into the City and Canary Wharf.
Canary Wharf 020 7515 1000



Indecon Square, E14 **£470 pw**
Two bedroom, two bathroom apartment on the 2nd floor of this secure development, ideally located for Canary Wharf's business district, DLR and Tube stations. Private balcony, fully integrated and appliance kitchen, 24 hour concierge and designer furnishing.
Canary Wharf 020 7515 1000



Langbourne Place, E14 **£435 pw**
A bright and spacious two double bedroom, two bathroom, furnished apartment with direct river Thames views set within this secure, gated development with easy access to transport links. Benefits from fully fitted kitchen, wood flooring, balcony and allocated parking.
Docklands 020 7510 8444



Baltimore Wharf, E14 **£300 pw**
Designer furnished, studio suite located within this dockside development next to Crossharbour DLR and within walking distance of Canary Wharf. Separate living and sleeping areas, fully integrated kitchen, 24 hour concierge and extensive leisure facilities.
Pan Peninsula 020 7536 7900

Canary Wharf office

Horizon Building, 15 Hertsmere Road, London E14 4AW
Tel: 020 7515 1000 | canarywharf@chaseevans.co.uk

Docklands office

St Davids Square, 320 Westferry Road, London E14 3QL
Tel: 020 7510 8444 | docklands@chaseevans.co.uk

Pan Peninsula office

Pan Peninsula, 1 Millharbour, London E14 9XP
Tel: 020 7536 7900 | panpeninsula@chaseevans.co.uk

Head office and Property Management

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Draycott Place, SW3

- Studio apartment for rent in Draycott Place
- Fully furnished, fitted kitchenettes, entry phone system, GCH & lift
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Landmark East, E14

- Large 1 bedroom Luxury Apartment on 19th floor
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£390 p/w

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Arran House, E14

- A furnished spacious two double bedroom apartment, master bedroom with en-suite & balcony offering views of the Thames & dock view
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- Within walking distance to Canary Wharf

£420 p/w

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City Harbour, E14

- A 2 beds 2 baths apartment on 3rd floor with direct river views
- Fully fitted kitchen, balcony, laminated flooring, GCH, lift, secure parking & porter
- Close to Cross Harbour DLR & amenities

£430 p/w

Call 020 7510 1050



Perspective, SE1

- A renovated two beds two baths apartment on the 6th floor
- Fully fitted open plan kitchen, fitted wardrobes to main bedroom, air conditioning, 24 hour porter & secure parking
- A short walk to Lambeth North Underground & Waterloo Station

£450 p/w

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Saint Williams Court, N1

- Modern & contemporary 2 beds 2 baths apartment
- With large terrace, wood flooring to living area, modern open plan kitchen, private gym & 24 hours concierge
- Walking distance to Kings Cross & local shopping facilities

£495 p/w

Call 020 7510 1050



Manchester Road, E14

- A five beds three baths town house
- Fully fitted kitchen with breakfast area, rear garden & separate WC
- Within a short walk to Island Garden DLR

£580 p/w

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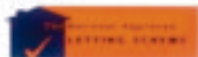


The Westminster, SW1

- A selection of 2 beds/3 beds apartments in the heart of London
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Vanguard Building, Millennium Harbour, E14 £489,995

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- Two Bathroom
- 24 Hour concierge
- Communal Garden
- Leisure Facilities
- Secured Parking



Equinox Building, London, E14 £300 per week

- One Bedroom
- One Bathroom
- Balcony
- Brand new development
- Fantastic transport links



St David's Square, Canary Wharf, E14 £359,995

- Two Bedroom
- One Bathroom
- 24 Hour concierge
- Balcony
- Leisure Facilities
- Chain free



Baltimore Wharf, Canary Wharf, E14 £555 per week

- Two Bedroom
- Two Bathroom
- Balcony
- Very modern
- Fantastic views
- Close to transport links



New Providence Wharf, Canary Wharf, E14 £475,000

- Two Bedroom
- Two Bathroom
- 24 Hour concierge
- Balcony
- Leisure Facilities
- Eighth floor




The Grainstore, Royal Docks, E16 £600 per week

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Nothing Has Been Forgotten!

Vermeer Court, E14 £350pw
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Live In Style

City Tower, E14 £370pw
Fabulous one bedroom apartment in this sought after development ideally located minutes from Crossharbour DLR. The property comprises a bright reception room, high quality furniture with wood floors and access to private balcony and stylish fitted kitchen. Benefits from 24 hour concierge. EPC: C

Breathtaking Views

Elektron Building, E14 £430pw
Superb two bedroom apartment with fantastic river views. Situated on the 20th floor offered fully furnished with quality furnishings throughout and hard wood floors. Property benefits from concierge, gym and secure parking. Rent is inclusive of utility bills! Call Felicity J Lord today to view! EPC: B

What's Not To Like

Barnfield Place, E14 £330pw
Well presented two double bedroom apartment with private garden in a popular development just a short walk from Mudchute DLR. Comprising a large reception room with wood floors and dining area, fully fitted kitchen and modern bathroom suite. Benefits from off street parking. EPC: D

One Of The Best

Baltimore Wharf, E14 £300pw
Immaculate studio apartment situated in South Quay minutes walk from the DLR. This apartment is offered fully furnished with separate luxury bathroom and fantastic private balcony. This development also offers luxurious facilities such as a gym, swimming pool and 24 hour concierge. EPC: B

Wow Wow Wow!

Pan Peninsula, E14 £440pw
Wonderful one bedroom apartment with great views. Located on the 29th floor the property comprises a large open plan living area with luxury fitted kitchen and balcony. Benefits include fantastic leisure facilities including gym pool sixth sense spa, 24hr concierge and cinema. Must see. EPC: B

It's Time To Live

Alaska Building, E14 £1000pw
Absolutely stunning three bedroom penthouse apartment, situated in Victoria Royal Docks offering panoramic views of the London skyline. Set over two levels on the top two floors of the building, excellent finish throughout and large reception room with wrap around balcony and open-plan style kitchen. EPC: C

Is This You?

Michigan Building, E14 £370pw
One double bedroom apartment located ideally close to Canary Wharf. This apartment includes a spacious lounge leading to a private balcony, modern fitted kitchen and luxury bathroom suite. Benefits include onsite leisure facilities and a 24hour concierge. Don't delay, call today. EPC: D

Seeing Is Believing

Kintyre House, E14 £425pw
Amazing spacious two bedroom apartment with stunning views over both Canary Wharf and the O2 Arena. Located in a sought after riverside development the property comprises a large fitted kitchen with integrated appliances and spacious living room with dining area. EPC: D

Circle This Ad

Ferguson Close, E14 £310pw
Great value two bedroom apartment with river views and of street parking. This well presented property comprises a bright reception room, nice fitted kitchen, two bedrooms and a modern bathroom suite. An absolute must see, appointments only, so call Felicity J Lord now! EPC: D

Fantastic Find

Neutron Tower, E14 £300pw
Fantastic opportunity to rent this luxury one bedroom. Modern interior throughout, spacious lounge with floor to ceiling windows leading to private south-westerly facing balcony which boasts stunning views extending out to the River Thames and the O2. Water and electricity bills included. EPC: B

Extremely Spacious

Susan Constant, E14 £350pw
Spacious two double bedroom apartment has spectacular views, secure off street parking and porter. Offering a bright and modern interior and comprising a large reception room with dining area, stylish fitted kitchen and roof terrace ideal for al fresco dining. Call Felicity J Lord today! EPC: C



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Real Value For Money



St David's Square, E14

Guide Price £350,000

An immaculately presented two double bedroom apartment located within this ever popular riverside development. This spacious apartment also comes with a huge private terrace space, secure parking and a fabulous on site leisure centre. EPC B

River Facing Freehold House



Capstan Square, E14

Guide Price £500,000 to £550,000

A rare four bedroomed Freehold house fronting on to The River Thames offering breathtaking views towards Greenwich and the O2 Arena. With an integral garage, river facing garden and over 1200sqft of internal living space this stylish house is a must see. EPC D

Two Double Bedrooms And River View

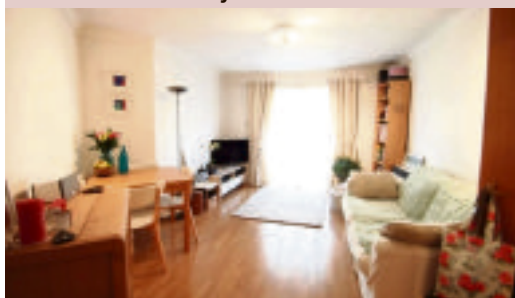


St David's Square, E14

£384,995

Positioned on the third floor of this popular riverside development is this lovely two double bedroom apartment with attractive views of The River Thames and Canary Wharf. St David's Square has a fabulous on site leisure centre and 24hr Concierge. EPC C

Perfect First Time Buy

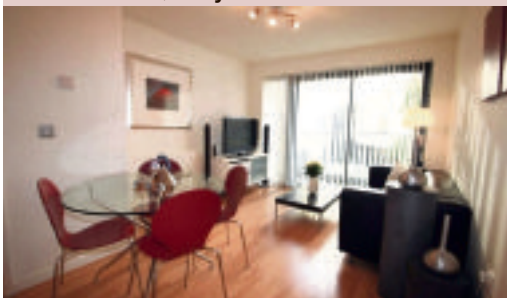


Burrells Wharf, E14

£269,995

This smart top floor apartment has spacious rooms and a bright easterly aspect. With a well proportioned living room with ample dining space, a large double bedroom and a recently fitted kitchen. On-site facilities include a gym, pool and concierge

Priced To Sell Quickly



The Equinox, E14

£258,000

This stylish one bedroom apartment comes with a secure car parking space and is a very short walk from Island Gardens DLR and the Greenwich foot tunnel. Immaculately presented throughout and with a large private balcony, this fantastic apartment must be seen. EPC B

1350sqft River Facing Warehouse Apartment



Millennium Drive, E14

£499,995

This spacious two double bedroom warehouse style apartment comes with charming warehouse features as well as a huge river facing terrace and parking. EPC C

1000sqft With River View



Wotton Court, E14

£499,995

Measuring just under 1000sqft is this large two double bedroom south west facing apartment. Offering spectacular views across The River Thames and towards The City, this well located apartment also comes with a large balcony and underground parking. EPC B

Unique Warehouse Apartment



Warehouse K, E14

Guide Price £550,000 to £575,000

A truly stunning example of an authentic loft apartment measuring in excess of 1400sqft with a courtyard and two car parking spaces. A real "must see" property. EPC C

2 Bedroom Freehold House



Friars Mead, E14

£369,995

This two double bedroom "cluster" house comes with a very large garden perfect for entertaining this summer. With well proportioned rooms this modern freehold house is a short walk from Crossharbour DLR and Canary Wharf. EPC D

3 Double Bedrooms



Boardwalk Place, E14

£500,000

A rare three double bedroom apartment positioned on the first floor of this well located modern private development. This 1000 sqft property also comes with two large terrace spaces, two bathrooms and an allocated parking space.

Stylish Loft Apartment



Birchfield Street, E14

£549,995

This architecturally designed warehouse apartment is spread over 1368 sqft and is finished to an incredibly high specification throughout. With double height ceilings, designer kitchen and bathrooms and three double bedrooms. A "must see" property. EPC D

River and Canary Wharf Views



Ferguson Close, E14

£349,995

This top floor two double bedroom apartment comes with direct views across The River Thames from the living room and Canary Wharf views from both bedrooms. With a large balcony, off street parking and Share of Freehold. EPC C

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Dockside Apartment


Scotts Sufferance Wharf, SE1 **£699,950**

A well presented two bedroom, two bathroom apartment found within this sought after portered development close to Butlers Wharf. Features include a private balcony with views over St Saviours Dock, 22' reception and secure parking. Call now to view. EPC C

Modern Apartment


Gedling Court, SE1 **£365,000**

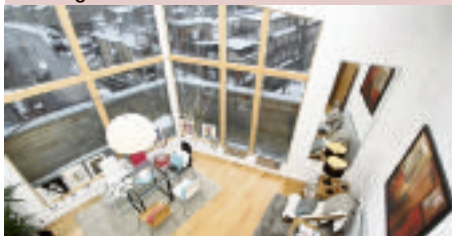
A well presented one bedroom apartment with a superb aspect, with views towards the London Eye. Features include a fitted kitchen, open plan reception area, and a contemporary modern bathroom. The development has the benefit of a large communal terrace. EPC B

River Views


Mission Point, SE16 **£675,000**

A rare, two bedroom two bathroom sub penthouse apartment, situated in this modern and contemporary development close to the River Thames. The property features river views, private 28' terrace and secure underground parking. EPC B

Stunning Penthouse


Artesian House, SE1 **£695,000**

A chance to acquire this wonderful penthouse apartment extending to over 1200 sq ft and benefitting from a wrap around terrace with superb views. Internally the property boasts two reception rooms, two bathrooms and includes secure underground parking. EPC D

Stunning Two Bedroom Penthouse


Haven Way, SE1 **£739,950**

This exceptional two bedroom two bathroom duplex penthouse apartment offers stunning views towards the city, taking in the London Eye, Shard and other surrounding Landmarks. The property also includes a terrace and secure parking. EPC C

Beautiful Home


St Saviours House, SE16 **Guide Price £750,000**

A spacious two bedroom two bathroom apartment found within this character building close to the River Thames. Internally the property offers high ceilings, air conditioning, open-plan kitchen and wonderful 27' terrace. EPC C

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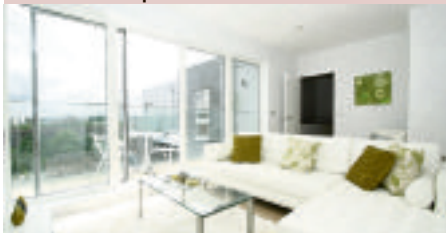
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Gated Development


Bellamys Court, SE16 **£550,000 - £660,000**

A beautifully finished three bedroom apartment with direct river views. The property benefits from reception room with river views, en suite shower room to master bedroom and is situated on the popular Rotherhithe Street. EPC C

Modern Development


Theatro Tower, SE8 **£440,000**

A stunning two / three bedroom, two bathroom, split level penthouse apartment as part of this modern development close to Greenwich Village. This two / three bedroom apartment benefits from separate study. EPC C

Stunning Views


Tivoli Court, SE16 **£430,000 - £450,000**

A stunning one bedroom penthouse apartment benefitting from 600sqft of internal space plus an added bonus of 400sqft private terrace with unobscured River, City and Canary Wharf views. EPC C

60ft Garden


Evelyn Street, SE8 **£375,000 - £400,000**

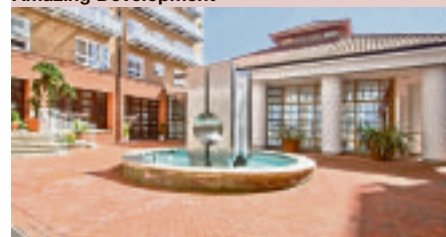
A rare opportunity of a Freehold split level three bedroom apartment set in this stunning Victorian conversion, the features continue inside with immaculate decor throughout and the added benefit of a 60ft private garden. EPC C

Ideal First Time Buyer


Silwood Street, SE16 **£260,000 - £285,000**

A two bedroom, two bathroom apartment on the ground floor of this modern development within minutes from Canada Water underground, Surrey Quays Overground and South Bermondsey Rail stations. The property has front and rear garden. EPC C

Amazing Development


New Caledonian Wharf, SE16 **£250,000**

260,000 A large studio apartment in this prestigious riverside development benefitting from 24 hour concierge, on site swimming pool, gym and residents terrace area ideal for entertaining.



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Three Bedroom Freehold



Fearon Street, SE10 **£330,000**
A spacious, three bedroom terrace home, set in East Greenwich, close to a host of local amenities and convenient transport links, and benefitting a generous, private rear garden. EPC E

All The I Wants !



Christchurch Way, SE10 **£499,999**
A three bedroom end of terrace house sitting on a huge plot in Greenwich offering endless benefits including a conservatory, south facing rear garden, off street parking, utility room, and plentiful storage. EPC C

Brand New Detached House In West Greenwich



Victoria Gate Gardens, SE10 **Guide Price £975,000**
Victoria Gate Gardens is an exclusive, brand new gated development in The Ashburnham Triangle, comprising two luxury detached houses featuring three large double bedrooms and secure, off street parking. EPC ???????????

Large Period Conversion



Catherine Grove, SE10 **Guide Price £450,000-£475,000**
An unusually spacious two bedroom, split level apartment, set within an impressive Victorian building close to the attractions, amenities and transport links within Greenwich town centre. EPC E

BLACKHEATH STANDARD
020 3441 3429 8am-10pm weekdays

Sold, Another Wanted



Sherington Road, SE7 **Guide Price £440,000-£460,000**
A charming and extended brick fronted period terraced family home offering four double bedrooms, two bathrooms, two reception rooms and conservatory. EPC D

Aura Of Elegance



Court Road, SE9 **O.I.T.R.O £325,000**
Backing onto the Royal Blackheath Golf Course, the oldest golf club in England is this stunning two bedroom ground floor conversion flat within an imposing detached Victorian residence. EPC D

Luxury Modern Apartments



Furze Lodge, SE18 **£285,000**
A fine selection of contemporary, one, two and three bedroom luxury apartments each boasting outdoor space, views of London and the option of parking.

Superb Views



Clan Ranald House, SE7 **Guide Price £250,000-£260,000**
Boasting the favoured position within this modern built apartment block is this stunning top floor (third) two double bedroom flat with views of the Docklands and the City. EPC B

BLACKHEATH VILLAGE
020 8852 9522 8am-10pm weekdays

Substantial Period Home



Granville Park, SE3 **Guide Price £1,750,000 - £1,950,000**
A truly outstanding seven bedroom, detached period house with lovely garden and in a prominent position at the head end of this popular residential road. Close to Lewisham Station and DLR, within reasonable proximity of Blackheath Village and Greenwich Park. EPC E

Three Storey Family Home



Hamlea Close, SE12 **Guide Price £425,000 - £450,000**
A four bedroom mid terrace family home. Benefitting from driveway parking and a garage. The property comprises; entrance hall, downstairs cloakroom, utility room, lounge, kitchen, four good size bedrooms, family bathroom, gardens front and rear and garage. EPC D

Moments From The Heath



Greyladies Gardens, SE10 **Guide Price £450,000 - £475,000**
A beautifully presented ground floor three bedroom flat. Being extremely well presented and benefitting from having a garage, in brief the property comprises; entrance hall, cloakroom, lounge, spacious and contemporary kitchen, three good size bedrooms, family bathroom and further shower room. EPC B

Fantastic Potential



Wricklemarsh Road, SE3 **£399,950**
Three bedroom semi-detached house is located on a popular residential road in Blackheath. The property offers spacious living accommodation, with three good size bedrooms, two reception rooms and spacious garden Overlooking fields. EPC E



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Denison House, Lanterns Court E14

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- Gymnasium
- Near multiple transport links
- 24hr Concierge Service

£350.00 per week



Gainsborough House, Canary Central E14

- Two bedroom, 2 Bathroom apartment
- Available Now
- Walking distance to Canary Wharf
- Recently Redecorated
- On-site Leisure Facilities

£395.00 per week



Cobalt Point, Lanterns Court, E14

Ideally situated close to Canary Wharf is this 925 Sq/Ft 3 bedroom flat. Located on the 6th floor of Denison House within the Lantern's Court development the accommodation comprises 3 bedroom and 2 bathrooms including the master suite, a smart open plan kitchen, with integrated appliances, reception area with floor to ceiling windows boasting lots of natural light.

Asking Price £599,000.00



Cobalt Point, Lanterns Court, E14

As sole agents we are delighted to offer this large 1 bedroom flat in Cobalt Point a stones throw from Canary Wharf. The property is currently in excellent condition throughout and has the added benefit of coming with an underground parking space. Early viewing is highly recommended, Long Leasehold.

Asking Price £365,000.00

Denison House, Lanterns Court E14

- Two bedroom, Two Bathroom apartment
- Available Now
- Walking distance to Canary Wharf
- Near multiple transport links
- 24hr Concierge Service

£500.00 per week



Streamlight Tower, E14

- Three bedroom, Two Bathroom apartment
- Available Now
- Walking distance to Canary Wharf
- Available for both Long & Short Term letting
- 24hr Concierge Service
- Large West Facing Balcony

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- Tenth Floor
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- Two Bedrooms
- Leasehold
- Gym
- Swimming Pool

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We advise that an offer has been made for the above property in the sum of £302,000.00. Any persons wishing to increase on this offer should notify the agents of their best offer prior to exchange of contracts. Agents Address: 189 East India Dock Road London E14 0EA. Agents Telephone Number: 0207 987 8900

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- Tiled Bathroom
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- Eighth Floor
- Balcony
- Security Entrance

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- Ground Floor
- Fitted Kitchen
- Tiled Bathroom

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- Fitted Kitchen

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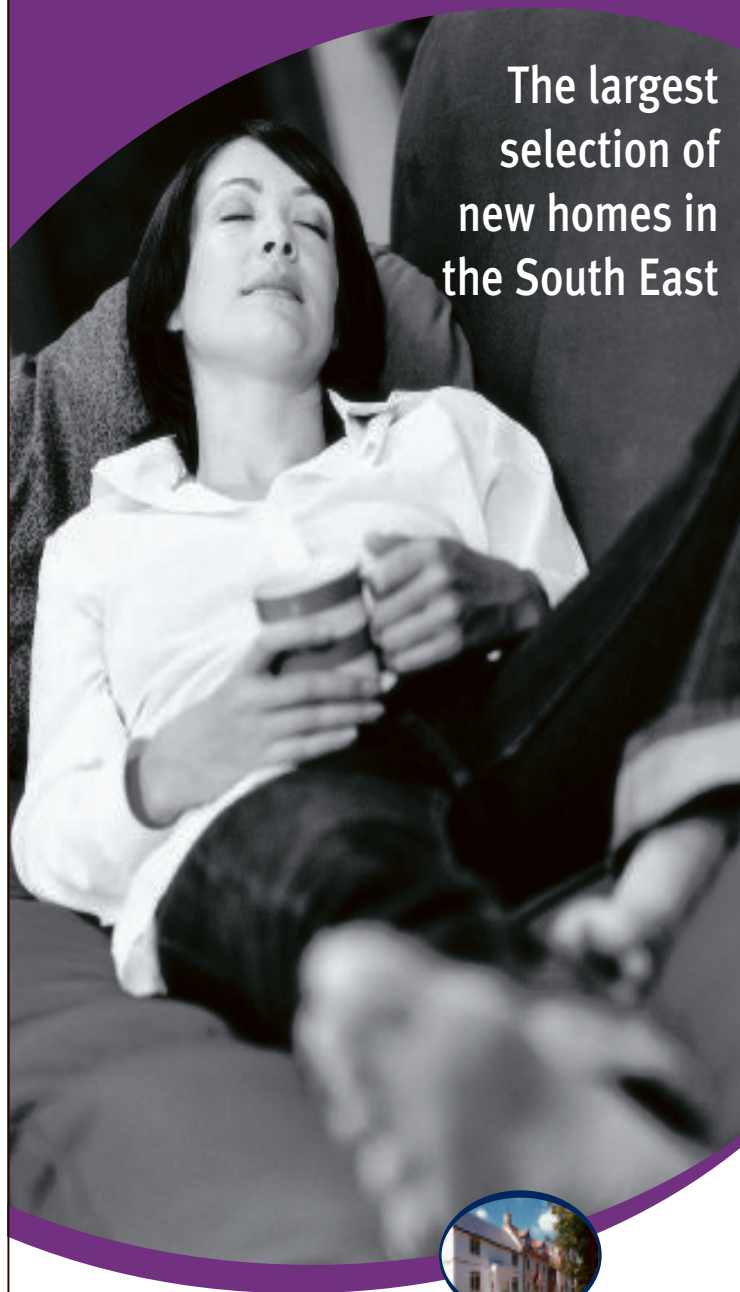
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